



Fall into STRIDE October E-News!

Keeping Our Athletes Safe!

New Covid-19 Vaccination Policy in Effect for Volunteers

At this past October STRIDE board meeting, it was ruled that **ALL STRIDE Volunteers** must be vaccinated. There was a lengthy discussion amongst members sifting medical and programmatic implications. Realizing that STRIDE is a leader in the Adaptive Sports arena nationally, and that we work with children under an age who are not yet able to be vaccinated, as well as a large population of immune-compromised people, the Board feels it is prudent to be the first line of defense for our athletes by ensuring that we are vaccinated, and wearing masks indoors. This means that anyone participating in Fall/Winter programs or helping out **must be vaccinated and wear a mask**. We appreciate that getting vaccinated (or not) is a personal choice; but at this same time STRIDE feels it important to take every precaution we can to keep our athletes safe.



Regards from the desk of,
Mary Ellen Whitney



Snowsports Season Underway... Ready or Not!

With only weeks away from the typical start to sliding on the slopes, it seems impossible with all

the warm weather; but 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.

Kick-off meetings were held successfully attracting new coaches; and a hybrid of on-line and in-person trainings are underway at various locations. Still time to join the team if you want to ski or ride all season passing on your passion to STRIDE athletes...mwhitney@stride.org

Sign up for lessons - Coming Soon. Consider purchasing a discounted 5-pack of lessons at any mountain site!



Volunteer Spotlight: Dave Graham, Jr.

Meet STRIDE's Tennis Program Leader, Dave Graham! Dave has played tennis most of his life, having competed in HS and college. His journey using his passion began in 2010, when looking for sports activities for his son Luke who has autism. Due to the positive experiences he and Luke had with STRIDE, Dave agreed to take over STRIDE's tennis program in 2012.

Dave created a tennis curriculum and format for individuals with disabilities (including wheelchair tennis players) that emphasizes basic fundamental tennis skills while providing the opportunity for social interaction and a place to have fun!

Check out Dave's creative teaching methods:
<https://www.youtube.com/watch?v=OtV6DV5ZS-l&t=3s>.

Dave is fortunate to have fantastic volunteer assistants, such as his father (David Sr.), wife (Michele), daughter (Rory), and a number of HS students, who help.

In his spare time, Dave performs music with his bands, [LEGENDARY LOSERS](#) (who have played at STRIDE events) and [WATCH REGGIE RUN](#) (a band with his son Luke), and watching his daughter, Rory, compete Track & Field. Thanks to Dave, tennis is becoming a sweet song for many players who have discovered the joys of the sport!

****Winter tennis is back at Sporttime. Sign up soon!**

Strike Masters are Back..Lanes are filled!

Fall bowling is back in full swing, and our lean, mean, bowling machines in East Greenbush are a testament to that!

Interested in signing up? There's still a few open spots! We offer bowling in two locations, Latham and East Greenbush. Much thanks to Bowling Program directors: Diane Grugan and Denise Tune!



RPI Hockey Players Push STRIDE Sled Hockey Team Ahead to New Adventures!

Days prior to the season starting, some sled hockey players still needed volunteer skaters with them to push their sled to play.

Luckily, college players from [RPI's Division 1 men's hockey team](#) stepped up and will be volunteering as sled pushers.



RPI's head coach, Dave Smith said they are especially happy to volunteer as community members that share the love of the game. Shane Sellar, a graduate student on RPI's hockey team, added that it will be an opportunity everyone on the team can learn from. STRIDE agrees! As volunteers discover... our athletes have as much to teach as they do to learn. Our mission is realized when we embrace an inclusive partnership like this.

STRIDE's 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. Stay tuned for more exciting team news!

SHARE Center to Host Halloween Dance Party for STRIDE Teens!



On Friday, October 29th, fitness fanatics from the SHARE Center will host a dance party for STRIDE youth beginning at 6:00 PM.

The dance will be held at the SHARE Center, and the kids will be treated to a special performance of the Traditional German Witches Broom Dance. There will be food and music, prizes for kids with the most enchanting costumes, and plenty of time to dance the night away! *Disco Ball included!!*

Traditionally each year for over a decade, Columbia High School Key Club has hosted the dance, but due to COVID restrictions, the school declined. STRIDE is holding the party at the SHARE Center to provide a safe place for the kids to celebrate Halloween with people who accept them in a safe, fun environment. STRIDE knows we can trust Mare Whitney, Lois Whitman, Camille Pawlowski and our amazing group of fitness fanatics to conjure up a great time!!!

It's not too late to sign up cpawlowski@stride.org

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



STRIDE Fall Bowling



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

Offered in 2 locations!

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

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

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The Mandel Family (Amanda)

Joanne Moses

John Murphy

Virginia Lynn & Steven Patterson

Don & Betty Reutemann



STRIDE Fall Swimming

STRIDE Fall Swimming



Team/Intermediate Swim | Ages 8+

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

10/16 - 12/14 | NO swim 11/27

Focus is on improving skills.

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.

Beginner Swim | Ages 5-21

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

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

10/16 - 12/11

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

Contact Program Coordinator to enroll

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

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

Program Leader: Lanie Smith

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

Don & Beisy Reutemann
Frank & Wilma Schmeler
William Schollenberger
Elise Stillo
Bill Watkins
Spencer Wohlers & Linda Cassidy

In Honor of Alberto Angelini
Gianclaudio Angelini

In Honor of Mary Ellen Whitney
Savell Quinn

In Memory of David Brunt
Justin Gomes

In Memory of Elizabeth Bulger
Amy de Soya

In Memory of John Wyszomirski
Mark Wyszomirski

Third Party Fundraisers
Everyday Warriors, Inc.
Phillips Hardware

Dave & Marisa Clark Memorial Scholarship Fund
Ignatius Pagano

New Program Development Underway Currently Seeking Volunteers for a Friday night in November through December

Two new programs are being devised for late fall start...
One: a Friday night Respite Program for caregivers and parents to drop their child at the SHARE center for a 3 hour block of time for themselves, while Averill Park HS students provide fitness, healthy snack making & arts & crafts activities as mentors (under adult supervision) allowing parents time for holiday shopping or a work-out or relax time.
Volunteers - sign up to supervise any Friday 5:30 - 8:30 PM in November/December cpawlowski@stride.org

Two: Warrior Wellness is back! We hope to get our Warriors and Veterans together monthly for speaker education programs, with pizza and adult beverages! Seeking presenters for November through February.

Bonded Concrete Paves the Way for full accessibility!!!

Bonded Concrete / Troy Sand & Gravel recently donated the work and materials to pave a second driveway and program space at STRIDE, as well as a path for wheelchairs to reach our facility's outdoor picnic area.

Special thanks to Carl Clemente, owner of both local businesses in



Averill Park, for making STRIDE's West Sand Lake facility fully-accessible! The second parking lot will also double as a space for new outdoor programs such as pickleball, and the new wheelchair path will prevent athletes from having to cut through the SHARE Center to reach our picnic area!

If you're not already taking full advantage of the opportunities at the SHARE Center, contact Program Director Camille Pawlowski today by emailing cpawlowski@stride.org or calling (518) 598-1279!!!

New Printer/Copier

When Repeat Business Systems, Inc. heard that STRIDE's main printer / copier was in



desperate need of replacement, they wasted no time in finding us a new one and generously donating it!



Special thanks to John Hudson for keeping us in the game with a wonderful piece of equipment that would otherwise be too cost prohibitive for STRIDE to have! Because of generous friends like John, we can avoid these expenses and funnel more money directly into programs!!!

Calling All Athletes - Come Exercise at the SHARE Center!!!



STRIDE athletes like Colin Liebert and Abigail Radliff exercise every week at the SHARE Center, whether it's with our weightlifting equipment, anti-gravity treadmill or elliptical machine!

ALL STRIDE athletes are welcome to take advantage of these amazing resources, and we encourage you to do so TODAY!!!

Contact Camille Pawlowski, Program Director, by emailing cpawlowski@stride.org or calling (518) 598-1279!



State Employees
Federated Appeal

STRIDE Adaptive Sports Charity #50-00280

Contact your Employee Campaign Manager to Donate
for the 2021 SEFA Campaign!!!



4482 NY Highway 150 | West Sand Lake, NY 12196 | <https://www.stride.org> | 518.598.1279 | "Turning dis-ability into THIS ability!!!"

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



- Deepest sympathies to athlete Heather DeDecko and family on the loss of her grandmother
- Continued Get Well wishes to athlete Bridget Hotaling
- Congrats to Warrior Roselea (Cotrofeld) Clow on her marriage!
- Thanks to **GE Veterans Network** for spending a day at SCORE Camp taking down tents!
- Big Thanks to employees of [Regeneron](https://www.regeneron.com) for spending a day at SCORE clearing trails and splitting and stacking wood for next season
- Congratulations to Mare Whitney on 2021 Hudson Valley Top Women in Business award



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



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