



## Hot August E-News from STRIDE!

### Message from the CEO: Birds eye view of STRIDE

Most people who know or know of STRIDE have an impression based on what interaction they've had or heard, without looking closely at the organization. Impressions tend to perceive that STRIDE is a very large organization with lots of programs and a huge footprint across a very large region of the northeast. Those who receive our emails and watch us on social media believe that STRIDE must have a large corporate headquarters with lots of staff to run so many programs in so many locations. Everyone knows how great the need is for providing quality extra-curricular enriching programs for children and youth with special needs, because the public school system doesn't. And most observers believe that STRIDE is handling a big chunk of this with their large corporation and budget.



But the truth of the matter is that STRIDE has a very small staff of four who keep so many balls up in the air all year long, and only a few jugglers are handling those balls.

In comparison to other similar organizations such as VASS and NEDS, or ASF, STRIDE uses a fraction of their budgets and a fraction of employees while we provide a larger number of adaptive programs and lessons to a greater number of families. How is this possible?

History lesson: STRIDE was founded not with intent, but out of need. For 23 years there were NO employees, only volunteers who met the mission with passion. When the organization was too large to be sustained without employees, I resigned my teaching job to become the first FT employee. STRIDE grew exponentially in the next 13 years to where we are now. Our strategic plan did not account for a pandemic that re-sculpted the employment landscape. In just the last year, we have turned over staff three times. But, with each new hire we grow and resculpt policies, procedures, and organizational structure, and forward growth is inevitable. But the question remains ...what will happen to the organization when I retire? Most of the balls in the air are in my hands. More hands are needed and more resources are needed.

How can you help to make STRIDE sustainable into the future? **Be the resource!** We need volunteers, funding or in-kind donations for auctioning.

***DID YOU NOTICE OUR NEW LOOK?***  
***We just launched our brand new***

***website! Fresh and updated; with***  
***automated efficiency***



### 2022 STRIDE Volunteer of the Year Dave Graham

Dave Graham has played tennis most of his life, having competed at the HS and college level. What distinguishes Dave is that he is an avid representative of the game who works hard to grow the sport among people with disabilities. Dave serves as Program Leader for STRIDE. His journey for game to promote equality and inclusion began in 2010 when he was looking for

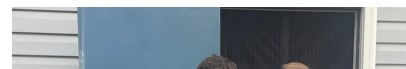
sports activities for his son Luke, who has autism. After positive experiences he and his son had with STRIDE, Dave agreed to take over STRIDE's tennis program which was a fledgling summer event. He created a tennis curriculum and format for individuals with disabilities including wheelchair tennis players, that emphasizes basic fundamental tennis skills while providing the opportunity for social interaction and a place to have fun! After over a decade of stellar service, with the advent of a pandemic, Dave rose to the occasion to teach STRIDE tennis players with disabilities that they can have fun and play the game even while at home during quarantine by making fun videos for virtual skill development. When it became reasonably safe to return to in-person play, he got our program back on the courts. He has fantastic volunteer assistance too, his father David Senior, wife Michelle, daughter Rory, and a number of HS students which help make the program run seamlessly.

In his spare time Dave enjoys playing sports, performing music with his bands **Legendary Losers** who have played at some STRIDE events, and **Watch Reggie Run**, a band he started with his son Luke. Thanks to Dave, tennis is available from any vantage to players who would not have discovered the joys of the sport otherwise. We are so thankful for Dave's leadership, commitment and enthusiasm to lead tennis for STRIDE.

### 2022 STRIDE Athlete of the Year Joe Pierson

There has not been one practice, workout or competition where Joe

did not put his best foot forward. Not only does he





automated efficiency  
**Check us out: [www.stride.org/](http://www.stride.org/)!**

## New Program Director

**STRIDE Program Director Position is filled!**

Born and raised in Upstate New York, Carly joined the STRIDE team in August 2022 in an effort to continue pursuing her passion for community inclusion and disability support. She recently completed her B.S. in Human Services where she studied a variety of topics, including Recreation Therapy. She also holds an A.A. in Communications Studies which has helped her learn different styles of communicating, based on the individual person and situation. She comes to STRIDE with a variety of professional experiences, all rooted in building relationships; a Community Manager with Hone Coworks, a Direct Support Professional with the Resource Center for Independent Living, and, a Troop Mentor with Girl Scouts of NENY. Carly is an avid believer in being a part of the greater community and values building personal relationships with those that she comes into contact with.

She lives in East Greenbush with her husband Tyler, and her two rescue dogs, Max and Lola. On the weekends, she occasionally works at Bring on the Spectrum Sensory Gym and Community Space. And, in the evenings, she sometimes works as a Community Habilitation specialist with AIM Inc. In her free time, Carly enjoys exploring hidden gems in the Capital Region, taking yoga classes, traveling to new places, and attending local sporting and music events with friends and family.

## Another Successful Military Boot Camp at SCORE! Thanks to Move United!

August brought together veterans and kids in joined activities that allow STRIDE Warriors the opportunity to mentor or role model to youth of STRIDE and spend time in outdoors such as tent-camping, aerial adventure park, yoga and whitewater rafting thanks to [Move United Sports](#) for their grant funding for a decade to provide the best food, fun and friendships at our programs!

**Last kids camp...**

**9/9 - 9/11 Water Adventure Camp**

A special trip to an adaptive water skiing program, [Leaps of](#)

[Faith in Connecticut!](#) Wheelchair users are especially encouraged to participate this weekend. Contact [cronan@stride.org](mailto:cronan@stride.org) if interested.



show up determined to grow personally and as an athlete, he expects the same from his teammates. This high level of dedication, sportsmanship and leadership is infectious. He cheers on teammates during difficult sets and remind them of their lofty goals.

A true testament to Joe's commitment to helping others was when he began early Saturday morning practice to volunteer with beginner swimmers. Joe worked to teach freestyle, backstroke and critical swim skills to a new learner, who joined the swim team after Joe's help. For these reasons Joe was named STRIDE Stingray's Swim Team Captain.

His altruistic behavior extends beyond serving as a role model on the pool deck. Joe completed his Eagle Scout project with STRIDE, building a bocce scoreboard. His compassion for community health has led to his new role at a local nursing home where he ensures that residents are receiving nutritious meals round the clock. Any well rounded athlete knows that cross training is one of the most effective methods to better yourself. Joe attends Wellness Wednesday's where he took it upon himself to take the exercises learned and build his own routines at home

Joe has definitely set a very admiring bench mark for aspiring athletes at STRIDE. With great honor we recognize 2022 Athlete of the Year - **Joe Pierson aka 'Captain Joe'!**



## SHARE Center Summer Sweat!



Offering *many integrated* fitness programs at our SHARE Community Center in West Sand Lake, as well as opportunity to reserve private sessions for gym use. Our jam-packed schedule of classes every week, are completely inclusive for all to join.

Check out the schedule on the calendar

**Fitness Classes - FREE for athletes and volunteers! A suggested donation of \$15 per class for community members.**

Interested in reserving a block of time to work out, or want to join a class? Contact [mwhitney@stride.org](mailto:mwhitney@stride.org).

## Coming Soon! Here we go.... Fall Programs



## STRIDE Competitive Bowling League



**Competition Rules**

## Currently In Session:

# STRIDE Adaptive Sports Friday Respite Program

3 hours responsibility-free! Run errands, have a date night, or take a nap!

6pm - 7pm: Fitness  
Burn energy with pickle ball, hoola hoops, & more!

7pm - 8pm: Dinner  
All food allergens will be accommodated!

8pm - 9pm: Wind down  
Crafts or a movie!

Ages 4 - 21

6:00pm - 9:00pm  
4482 NY HIGHWAY 150  
WEST SAND LAKE, NY  
12196 BUILDING 2



### Program Dates:

August - 8/5, 8/19  
September - 9/2, 9/16  
October - 10/7, 10/21  
November - 11/4, 11/18  
December - 12/2, 12/16

Contact STRIDE Program  
Director to enroll!

With generous  
support from:



### Spare Time Entertainment Latham

375 Troy Schenectady Rd Latham NY

Monday's 6:30-8:30 PM beginning 9/26  
for 30 weeks annually

Program Leader: Diane Grugan-Duval

Email: STRIDEbowling@stride.org

\*\*All ages welcome but must have ability to follow  
competition guidelines for competing at NYSO

- Current STRIDE registration and liability waiver must be on file.
- Program fee \$300 - for ages 22+
- Pay in full and save (\$250 1 payment)
- 2 payments (\$140 at registration & in January)
- 3 payments (\$100 at registration, Nov & Jan)
- Admin fee \$25 - if under 22
- Competition at Special Olympic Tournaments

Can't commit to 30 weeks? Ask about being a sub, pay as you play for athletes over age 22

Sign up for team, call or email STRIDE Program Director, Carly Ronan at 518-598-1279 or cronan@stride.org  
Limited scholarships may be available



## GOLF

ROUTE FORE  
NORTH GREENBUSH  
391 N GREENBUSH RD, TROY, NY 12180  
SUNDAYS at 9:30

9/11, 9/18, 9/25,  
10/2, 10/9 AND 10/23.  
THERE WILL BE NO GOLF ON  
SUNDAY 10/16.

UPDATED STRIDE REGISTRATION FORMS AND  
WAIVERS REQUIRED TO PARTICIPATE. A \$25  
ADMIN FEE WILL SECURE RESERVATIONS.  
FINANCIAL ASSISTANCE IS AVAILABLE!

CONTACT PROGRAM DIRECTOR TO ENROLL  
CARLY RONAN CRONAN@STRIDE.ORG | (518) 598-1279



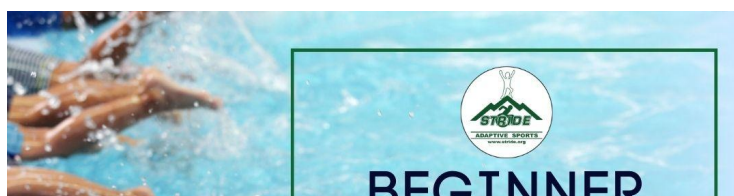
### Upcoming STRIDE Events:

October 15, 2022 ~ Oktoberfest  
February 27, 2023 ~ 100K  
March 18, 2023 ~ The Great Race  
June 2023 - Strides for STRIDE

[www.stride.org](http://www.stride.org)



We have a very active "SOCIAL" life at  
STRIDE! Join us on [Facebook](https://www.facebook.com/strideorg), for all the latest  
and greatest activities and resources.





The Dralla Foundation Presents

## STRIDE Adaptive Sports Sled Hockey Tournament

# October 22-23, 2022

Albany County Hockey Facility  
830 Albany Shaker Road, Albany



*Featuring:*

*STRIDE CD Sled Warriors, Vermont Warriors,  
Mountain Warriors, Buffalo Warriors*

## BIG Improvements to Camp SCORE thanks to the Seymour Fox Foundation Grant

If you've been to camp you have seen some of the upgrades and improvements made possible by the Seymour Fox Foundation. New tents, wheelchair ramps to the platforms, camp chairs, lanterns, a new grill, inflatable swimming pools and more have been purchased. The Lodge deck was repaired with turf carpet installed. From all of our campers - THANK YOU to the Seymour Fox Foundation.



## Beginner SWIMMING

### SATURDAY AFTERNOONS

9/10/22-10/1/22 - 4 Sessions

Session 1: 1:45 PM - 2:25 PM

Session 2: 2:30 PM - 3:10 PM

MOHONASEN HIGH SCHOOL

2072 Curry Rd, Schenectady, NY 12303

Focus is on sensory transition, basic instruction, and water safety. Max of 5 swimmers per session and parents/guardians will need to be in the water.

Locker rooms provided for changing.  
Updated STRIDE registration forms and waivers required.  
A \$25 admin fee will secure reservations.  
Financial assistance is available if needed!

Contact Program Director to enroll: Carly Ronan [cronan@stride.org](mailto:cronan@stride.org) | (518) 598-1279



## TEAM SWIMMING

### TUESDAYS 7:15PM - 8:15PM

9/6/22 - 12/13/22 - 13 Sessions

NO PRACTICE 9/27/22 and 10/4/22

MOHONASEN HIGH SCHOOL

2072 Curry Rd, Schenectady, NY 12303

Focus is on improving skills.  
Stingray NY Special Olympics Team - Athletes must be able to swim

Locker rooms provided for changing.  
Updated STRIDE registration forms and waivers required.

A \$25 admin fee will secure reservations.  
Financial assistance is available if needed!

Contact Program Director to enroll: Carly Ronan [cronan@stride.org](mailto:cronan@stride.org) | (518) 598-1279

## Bowling

LATHAM SPARE TIME BOWL

375 TROY SCHENECTADY RD. LATHAM, NY 12110



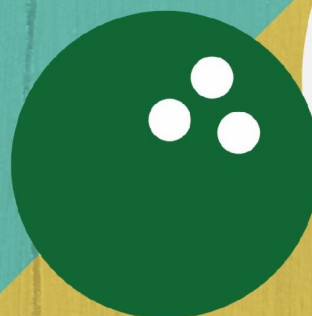


A special thank you to our 2023 "iCanShine" Bike Camp Sponsor CDPHP as a lunch sponsor. STRIDE's Bike Camp is one of our most popular programs that teaches special needs youth to achieve the childhood dream of riding a bike. If your company wants to be a part of this amazing camp, contact Christine Golden, Director of Development, [cgolden@stride.org](mailto:cgolden@stride.org)



**SATURDAYS 10:00AM**  
**OCTOBER 1ST - DECEMBER 10TH**  
 10 SESSIONS - NO PRACTICE 11/26/22

UPDATED STRIDE  
 REGISTRATION FORMS  
 AND WAIVERS REQUIRED  
 TO PARTICIPATE. A \$25  
 ADMIN FEE WILL SECURE  
 RESERVATIONS.  
 FINANCIAL ASSISTANCE  
 IS AVAILABLE!



CONTACT PROGRAM DIRECTOR TO ENROLL  
 CARLY RONAN CRONAN@STRIDE.ORG | (518) 598-1279



## Adapting Together Oktoberfest

Saturday, October 15, 2022

3 PM to 8 PM

**Food, Music, Brews & Games**

SHAC Community Center  
 27 Lake Avenue  
 Averill Park, NY

**Stay Tuned for exciting details!**



## FALL SESSION VOLUNTEERS NEEDED!

Volunteering is a great way to have fun, fill community service requirements, make friends, and make a difference



# Bowling

**EAST GREENBUSH BOWLING CENTER**  
 570 COLUMBIA TURNPIKE, EAST GREENBUSH, NY 12061

**SATURDAYS 10:30AM**

### Doing What?

- Friday night respite program;
- Catamount and Titus Mountain skiing/snowboarding instructors
- Tennis and sport volunteers
- Camp clean-up and closing
- Volunteering at Oktoberfest
- Fundraising
- Office work/ gardening/Camp clean-up



### All Volunteers

- 1.) [Fill out a volunteer registration form.](#)
- 2.) [Sign liability waivers.](#)

### Volunteers 18+ who work with kids

3.) **Criminal background check.** You have the option to pay as a donation or have STRIDE pay for you.

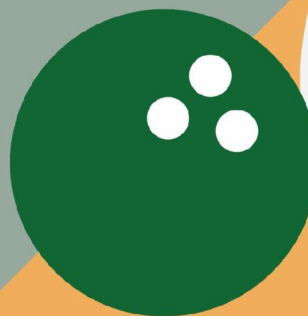
4.) Take the **90-minute SafeSport training.** You have the option to pay as a donation or have STRIDE pay for you.

For links to the background check and Safe Sport training, [email Camille!](#) Check out STRIDE programs currently in session on our website for more opportunities!

## OCTOBER 1ST - DECEMBER 10TH

10 SESSIONS - NO PRACTICE 11/26/22

UPDATED STRIDE  
REGISTRATION FORMS  
AND WAIVERS REQUIRED  
TO PARTICIPATE. A \$25  
ADMIN FEE WILL SECURE  
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## STRIDE Comes in 3rd @ NPA ACC!

We would like to congratulate our team of golfers from [NPA Financial](#), Don and Charlie Reutemann, Mare Whitney and Matt Berroyer who played in the NPA All Charity Classic at Wolfert's Roost on August 8. We came in 3rd Place winning \$3500 for STRIDE! Special thanks to Matt Berroyer for being our "ringer"!



## Wellness Wednesday

5:30pm-6:30pm

10/05/22 - 11/16/22

SHARE Center

4482 NY Highway 150 West Sand Lake, NY 12196



Contact Program Director to enroll:  
Carly Ronan cronan@stride.org | (518) 598-1279

## August Donors

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

### Donors

Darlene DeMott  
Maithao Le  
Regan Perella  
Elizabeth Perella  
Qing Zhang  
Elizabeth Tunison  
Kathleen Velasco

Corporations, Stores & Resorts

CDPHP

Organizations & Foundations

Seymour Fox Foundation

NY Labor Health Care Alliance

Move United Sports

In Honor of Mary Ellen Whitney

Savell Quinn

In Honor of Graham Family Tennis

Craig Hamelink

In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Memory of Fred Liebel

Kieran Curley

In Memory of Michael Pauley

Moria Balseca

In-Kind Donations

Beaver Brook Outfitters

United Ag & Turf

Mare Whitney

Lois Whitman

Jay Palische

STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279

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