



July HOT E-News from STRIDE!

Message from the CEO: Addressing Aging Out for Kids programs ... a Start!

One of the consistent problems we have faced as an organization over the years, is the aging out of our youth athletes when they reach the age of 22. STRIDE has never tried to be everything to everyone. We have stayed true to our mission of serving school- aged children in an extracurricular programming format.

In 2006 we were asked by our national partner Disabled Sports USA and Wounded Warrior Project to help in the transitioning of combat injured veterans to adaptive sports and civilian life. Our Board of Directors then struggled with that concept, thinking of them as adults, when truth be told, many were under the age of 22, still "kids" just back from war. We segregated the two populations at first, and then found a way to merge them to benefit each other.

Now we continue to face the same dilemma as we have for decades.. what can we do to help those youth who rely on STRIDE for their social and fitness needs as they age into adulthood and have no programs available? We are dipping our toes into the water gingerly, to find new ways to address this by allowing certain appropriate situations. Young adults and teens sometimes work well together at our special event dances, and we have been training older athletes to be mentors to younger athletes at our camp.

We will be 'testing the water' in a new hybrid program emerging from the bowling team. Many of our bowlers have aged out, yet want to continue to be together with their STRIDE friends, and competing in Special Olympics as adult bowlers. That's always been STRIDE's goal! to teach skills and individual lifetime sports and continue activities throughout life. Our long time bowling Director, Diane Grugan has approached us to form a new program for NYSO competition bowling. The program will consist of teens and young adults who will train for competition in bowling. No bumpers, rotating lanes, and higher skill levels will be taught in order to compete several times a year at Special Olympics. Adult athletes will be asked to pay a discounted fee to cover their cost with a little support from STRIDE, while younger athletes will be covered. We are testing the waters to see how this program evolves. Perhaps it will pave the way to promote more activity for athletes to age out.



Volunteer Spotlight: Marleah Lybolt

Marleah is one of those people that is always willing to go above and beyond for those she cares about - and it's seen so clearly in her dedication to STRIDE! Marleah came to STRIDE as a

participant and has never left. She now volunteers as assistant swim instructor, assistant Camp Director at SCORE, I Can Ride Bike Camp assistant, and will soon be a co-leader for the Respite Program! For Marleah, swimming was a perfect fit because she loved the program and quickly developed strategies to manage her own disability while helping others in the process. Her goal is not only to teach the kids swimming skills, but to make sure they know that they are capable of so many things. She helps plan all of our camping weekends and makes sure that everyone is staying safe and HAVING FUN! Marleah received her Occupational Therapy Assistant degree last year and has always been focused on serving others, which is why she was selected as STRIDE's Volunteer of the Year in 2020. She lives in Rensselaer with her mom and support dog in training, Sullivan when he's on-vest and Sully when off-vest. We can't thank her enough for all that she does for STRIDE's athletes!

SUMMER VOLUNTEERS NEEDED!

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

Doing What?

- Friday night respite program
- Camp SCORE counselors
- Catamount and Titus Mountain skiing/snowboarding instructors
- Tennis and sport volunteers



The new volunteer process takes about an hour (due to government and insurance requirements) but we promise *it's worth it!*

STRIDE IS THIRKING!

STRIDE Program Director Position is Open!

Camille will be starting a new position with a large corporation in August, leaving us with a big hole to fill! Looking for REWARDING and fulfilling work with work/ life balance opportunity?

[Click here for the Position description.](#)

Status: Full-time, year-round; Immediate opening

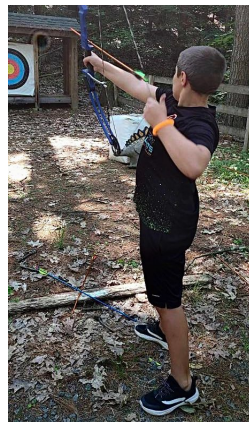
Fun in the Sun at Summer Camp SCORE!

3 weeks into our camping programs at SCORE and we've been having a blast!! From archery, soccer, and kickball all weekend long to dancing and dancing with [Music Therapist Courtney from Music Speaks](#), our weekends have been jam packed! Swimming in the inflatable pools and at Crellin Park were a big hit in this July heat!

See the schedule below to see what we have coming up!

8/5 - 8/7 Nature Camp

Go fishing, enjoy nature walks and activities, and experience a *Birds of Prey* presentation by guest bird falconer, Richele Ford.



8/19 - 8/21 Military Boot Camp 4 Kids

First time participants only

Veterans are the counselors for this special weekend. Campers will learn military practices & etiquette, and learn about military life! Campers attend [Jiminy Peak Adventure](#) Park.

9/9 - 9/11 Water Adventure Camp

All things aquatic! Make your own tie-dye t-shirts water balloon fight and a special trip to an adaptive water skiing program, [Leaps of Faith in Connecticut](#)! Wheelchair users are especially encouraged to participate this weekend.

Due to a shortage of volunteers, camp is currently FULL. There is a waitlist for each camp, and we would love to take more campers - but we need YOUR help to do that! Volunteer for Camp SCORE weekends!!

Contact mwhitney@stride.org

Currently In Session:

Summer Tennis 2022

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!

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 online

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.

Bait and Hook!

THANK YOU to Dick's Sporting Goods for holding a learn to fish clinic at our SCORE camp this month for athletes and warriors! Dick's Sporting Goods provided all the

equipment and knowledge needed to get an amazing group of STRIDE participants together on the pond.



GET WELL WISHES GLOBALLY to all those suffering or affected by

COVID-19



Congratulations to athlete Brock Hathaway who completed his first



Indian Meadows Park

Jason Morris Way
Glenville, NY

June: 21, 28 July: 5, 12, 19, 26 | 6:00p - 7:00pm



A \$25 donation is encouraged to families who are financially able.
An up to date STRIDE registration form and liability waivers are required to participate.

To enroll you must contact STRIDE Program Director
Camille Pawlowski cpawlowski@stride.org

- Spartan Race!
- Congratulations to fitness coach, Kate Rose who was awarded the Rensselaer County Tony Award for her work in the Court Parole system.
- Get Well wishes to fitness volunteer Lorraine Kashoun
- Congratulations to athlete Noah Salz who was accepted to the St. Rose College Special ED program
- Congrats to our attorney, Pat Fitzgerald on the wedding of his daughter Madeleine!
- Congrats to Volunteer Taylor South...first time on TV!
- Congrats to Megan Evans on the birth of their daughter

July Donors

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

Donors

Victoria Christini
Darlene DeMott
Nancy Fitzgerald
Caitlyn Fraser
Susan Frisch
Lisa Horn
Maithao Le
Amanda Mahoney
Michael Marinucci
Karrie Pizza
Monica Rodriguez
Shari Winkler

Corporations, Stores & Resorts

Isabelle School of Dance

In Honor of Mary Ellen Whitney

Savell Quinn

In Memory of Mrs. Elizabeth Bulger

Amy de Soya

In Memory of Fred Liebel

Carol Putorti

In-Kind Support

Dick's Sporting goods
Marie Whitney
Veterans Miracle Center

Volunteer Appreciation !



STRIDE Summer Golf



Route Fore Golf Center
391 N Greenbush Rd, Troy, NY 12180

2022
Sunday's 9:30am - 10:30am
7/10 - 8/14

Program Leaders:
Tony & Kelly Curro

Whether you're brand new to golf or looking to improve your skills,
Tony and Kelly are here to lead the way! Ages 8 - 21.

All participants must have a current STRIDE registration form and new liability waiver on file. A \$25 donation is encouraged to those financially able.

To enroll you MUST contact STRIDE Program Director
Camille Pawlowski | cpawlowski@stride.org



STRIDE Summer Bowling



East Greenbush Bowling Center
570 Columbia Turnpike, East Greenbush
Saturday's 12:00pm - 1:00pm (Ages 6-21)
July 16th - September 3rd
Program Leader: Ruthanne Lambert

All participants must have a current STRIDE registration and new liability waiver on file. Registrations are active for 365 days. Unsure if you need to renew? Feel free to ask Camille via email!
A \$25 admin fee is suggested to those financially able.

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



Summer Sailing



STRIDE Adaptive Sports

VOLUNTEER APPRECIATION PARTY



Saratoga Sailing Club
163 Manning Road
Ballston Spa, NY 12020

Monday's in August 2022 | 8/1 - 8/29
5:00pm - Dusk

**Volunteer
Call!**
Experienced sailors
wanted!



A \$25 administrative donation is encouraged to families who are financially able for the session. An up to date STRIDE registration form and liability waivers are required. Ask Camille to check the status of your registration via email!

RSVP is REQUIRED to participate. Ages 8 - 21 | cpawlowski@stride.org

Teen Kayaking



Crooked Lake

72 Holser Road Exit
Averill Park, NY 12018

June: 14, 21 July: 5, 12 | 4:00pm - 5:30pm

Ages 13+ | must be able to swim | a parent or caregiver is required to assist in and out of the water



A \$25 donation is encouraged to families who are financially able for the session. An up to date STRIDE registration form and liability waivers are required to participate.

To enroll you must contact STRIDE Program Director
Camille Pawlowski cpawlowski@stride.org

**Summer
2022**

ADAPTIVE SPORTS APPRECIATION PARTY

FRIDAY AUGUST 12TH, 2022 | 5PM - 8PM

SHARE Center

4482 NY HWY 150 West Sand Lake, NY 12196

Please join us as STRIDE celebrates your dedication and generosity to our athletes!



Live music



Prizes



BBQ dinner served at 6:00pm



Please RSVP by July 29th. Family welcome!

cpawlowski@stride.org

Join us!! Whether you ran side-by-side with athletes at bike camp, tent camp with kids; teach skiing or swimming, cook at respite program or dance with the teens, we want to celebrate YOU!

We couldn't offer any of these amazing programs without the care and dedication of our volunteers. Let us treat you to a night of food, fun, music and a catered BBQ dinner! RSVP today!



Ages: 12+

Time: 9am - 3pm

When: Saturday, July 30th

Cost: FREE for athletes + 1 caregiver, STRIDE wounded warriors

Guest Cost: \$69

Where: Beaverbrook Outfitters, 3921 Rt. 28. North Creek, NY 12853

First time participants get priority until June 30th



Athletes 21 and below must be accompanied by a caregiver.

**To enroll you MUST contact STRIDE Program Coordinator
Camille Pawlowski | cpawlowski@stride.org**

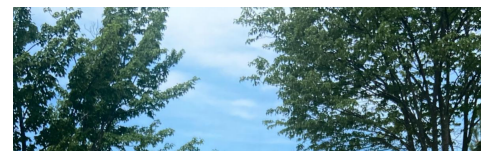
STRIDE Adaptive Sports Friday Respite Program

3 hours responsibility-



Bike Camp Success!

We would like to congratulate all of our very brave riders who completed Bike



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!

Camp 2022 at
Union College in the
heat of July! Seeing
the confidence
build throughout the
week and
culminate into riding
a two-wheeled bike
independently for
the first time was
beyond exciting for
riders, families and
volunteers. THANK
YOU to all of our amazing volunteers who dedicated their time
throughout the week and ran in the heat to change the lives of
our athletes.



Media stories here: <https://dailygazette.com/2022/06/30/kids-with-disabilities-build-skills-at-bike-camp/>

<https://www.timesunion.com/news/article/Children-with-disabilities-who-had-to-give-up-17277188.php>

<https://spectrumlocalnews.com/nys/capital-region/news/2022/07/12/i-can-ride-bike-camp-teaches-kids--anything-is-possible->

With generous
support from:



Athlete Brock Hathaway completes his 1st Spartan Race!

Brock works out at the SHARE Center with his aide Allie Ryan every week, and he works hard! The goal - to compete in the Bethel Woods Spartan Race, a 5K race with 20 obstacles. This is a feat in itself, but Brock has cerebral palsy and is also legally blind. His determination beat the odds with the help of an amazing team of supporters.



Want the Extreme Work Out Challenge of a Lifetime? Join Team STRIDE for accomplishing a Spartan Race in 2023. Captained by Champion, Brock Hathaway, he is recruiting members for a Team effort next year. He already got one - Colin Liebert, who has Down Syndrome and also works out in the SHARE Center weekly, will be joining Brock in 2023. We will design a work-out routine for each athlete who joins the team to get to their goal. Contact STRIDE for more info!

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

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