

# The **S**PORTS

# MANUAL

*Steamboat STARS-*

Recreational  
Opportunities for the  
Disabled.

*East Orlando Track  
Club-*

Discipline, Honor,  
& Pride.

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**Discipline,  
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Magazin

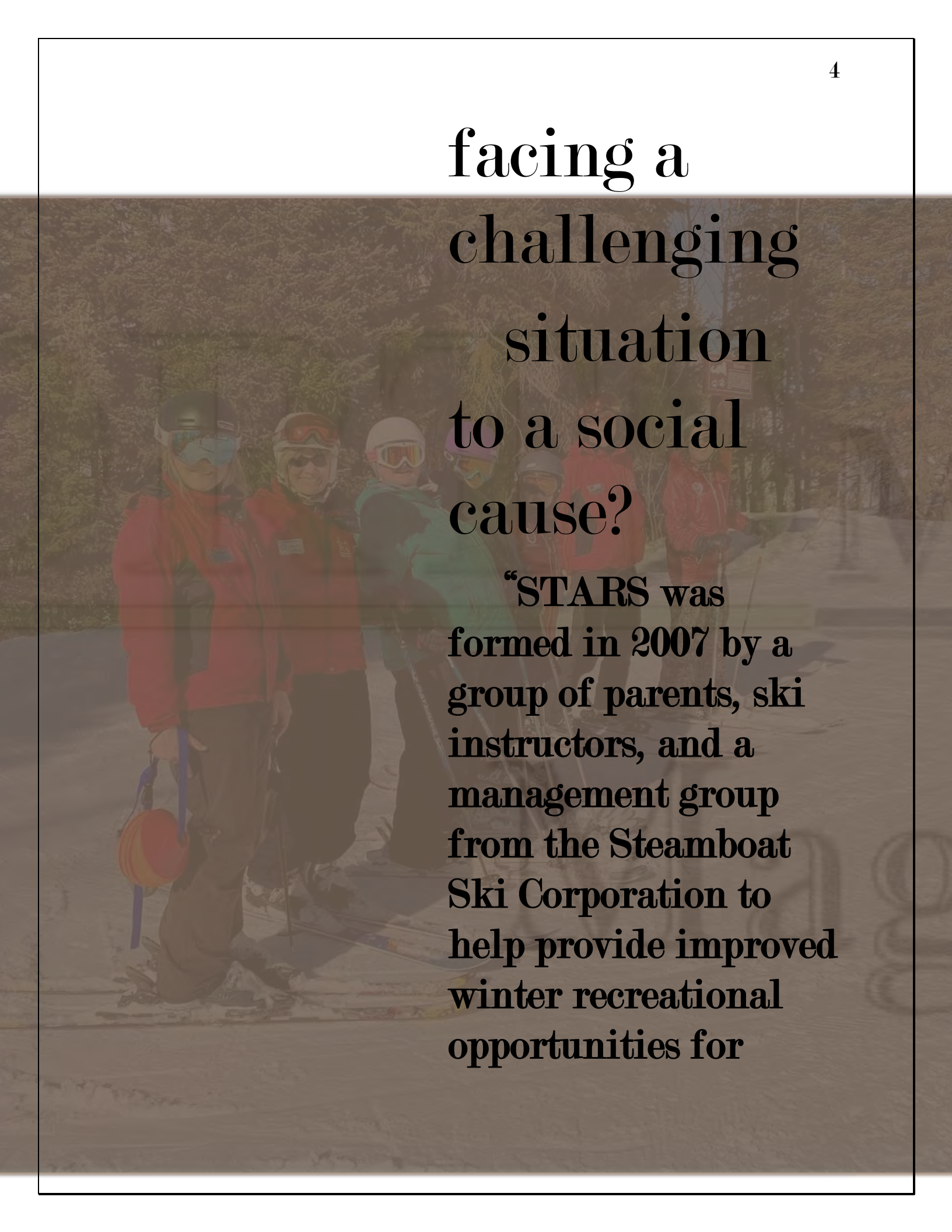
# Steamboat STARS-

Recreational  
Opportunities  
for the  
Disabled.



Steamboat  
Adaptive  
Recreational  
Sports (STARS)  
Recreational  
Facilities and  
Services  
operates in  
Steamboat  
Springs,  
Colorado, and  
prides itself on  
empowering &  
enriching lives  
of the disabled  
through  
adaptive  
recreational  
activities, such  
as winter sport  
activities and  
training.

1) What was  
the  
breaking  
point that  
defined  
the necessity  
to start the  
organization  
, from a  
disabled  
individual

A group of people in winter ski gear standing on a snowy slope. The image is semi-transparent and serves as a background for the text.

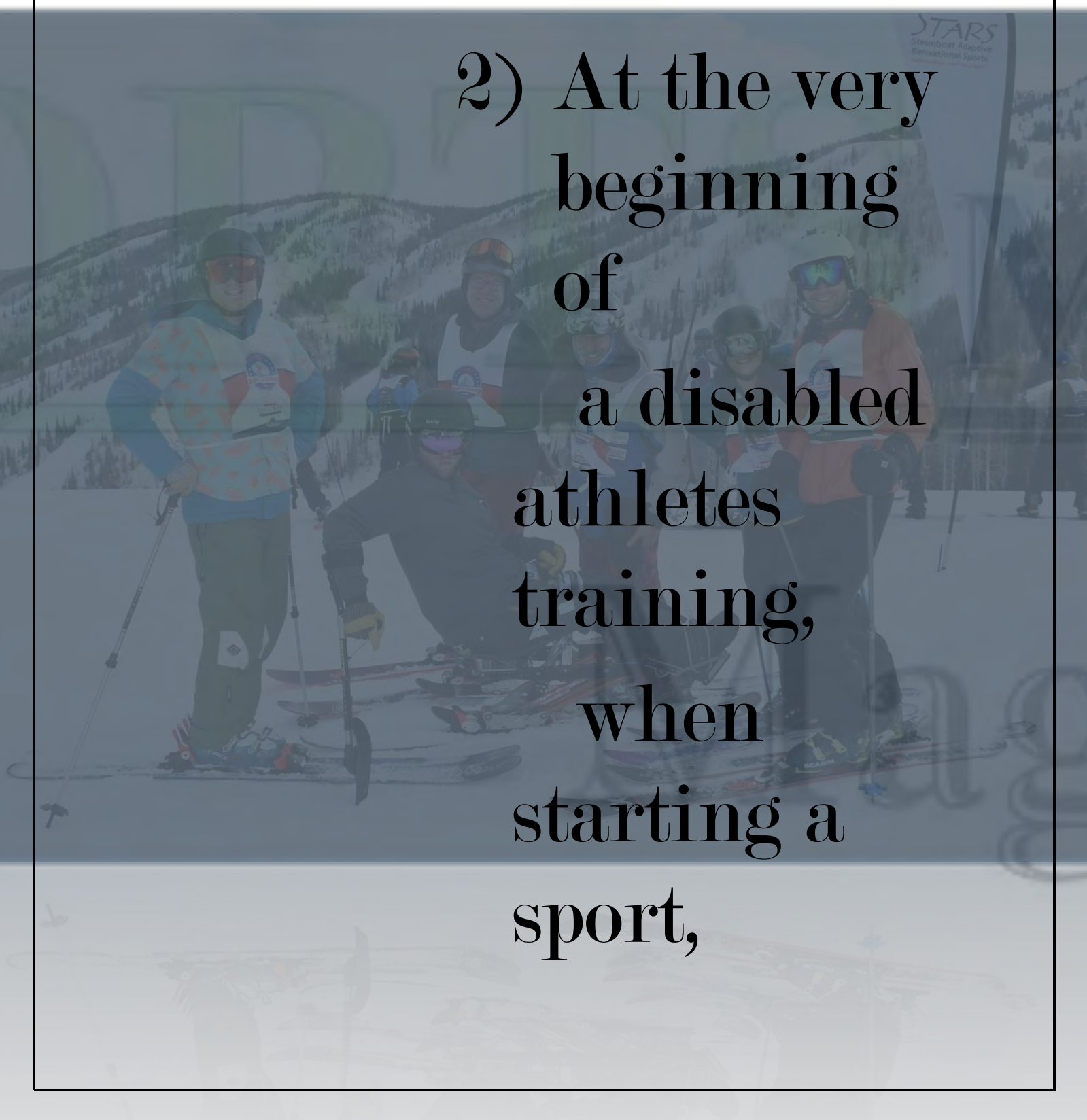
facing a  
challenging  
situation  
to a social  
cause?

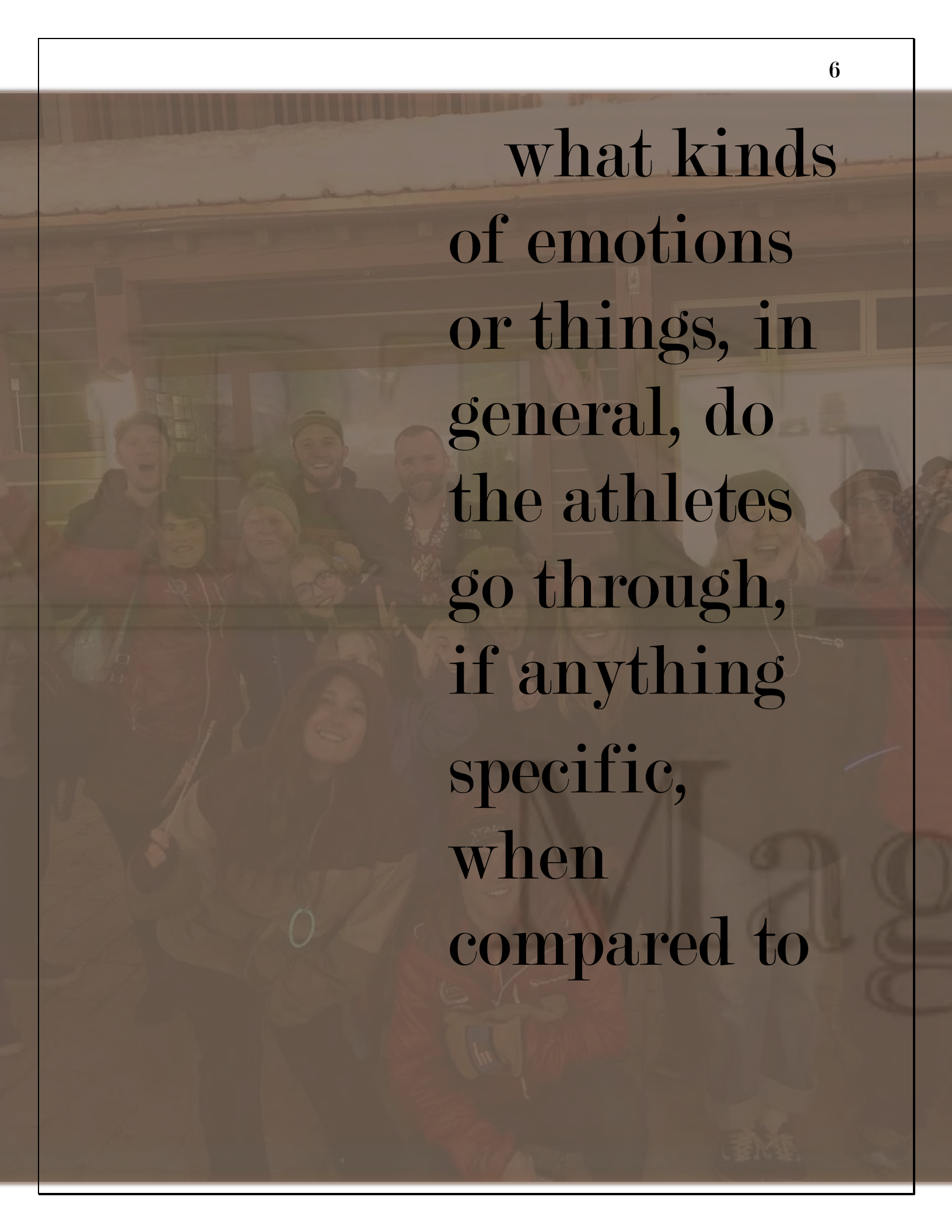
**“STARS was formed in 2007 by a group of parents, ski instructors, and a management group from the Steamboat Ski Corporation to help provide improved winter recreational opportunities for**

people with disabilities.”

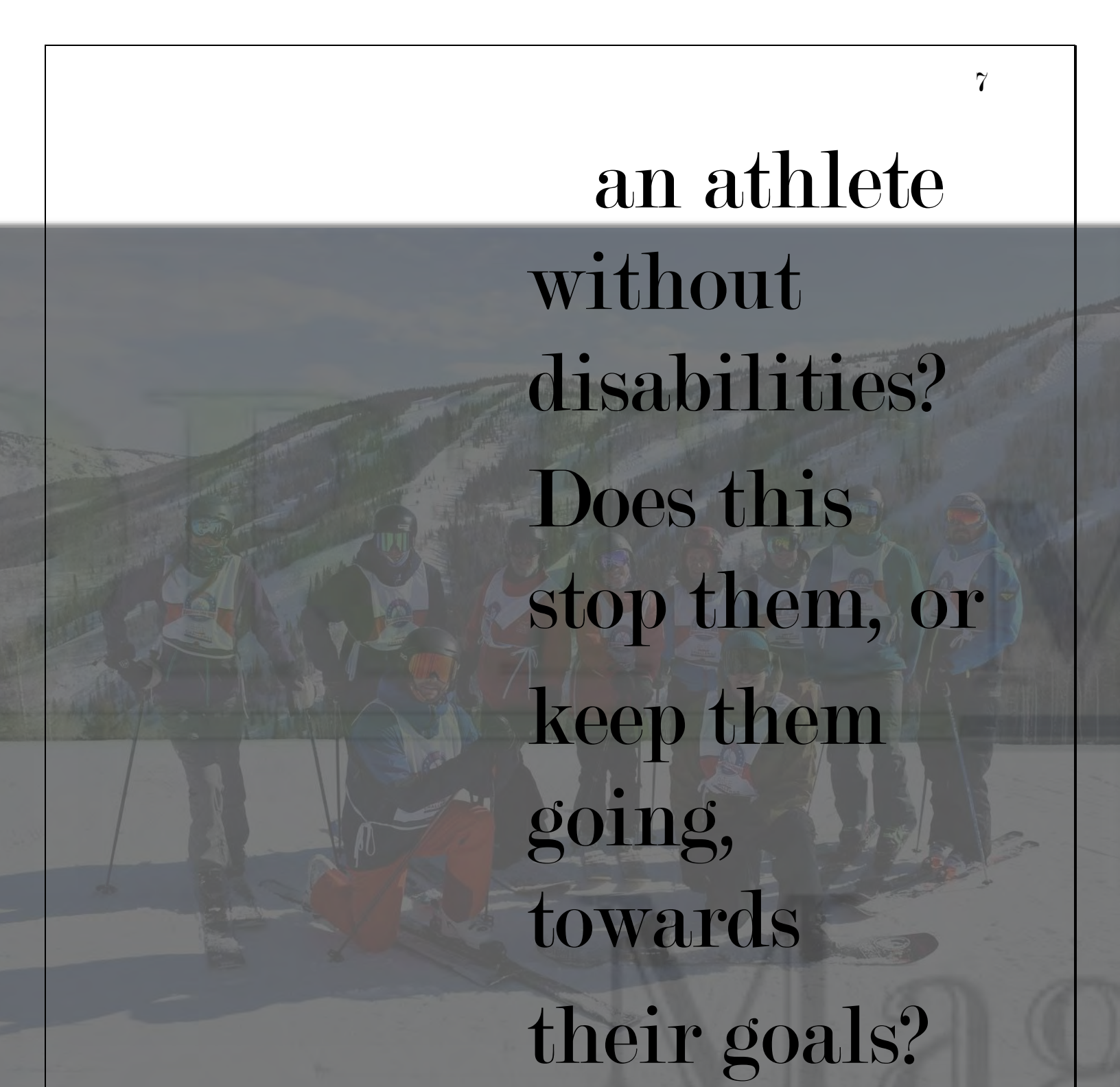
2) At the very beginning of a disabled athletes training, when starting a sport,

STARS  
Steamboat Adaptive  
Recreational Sports





what kinds  
of emotions  
or things, in  
general, do  
the athletes  
go through,  
if anything  
specific,  
when  
compared to

A group of skiers is gathered on a snowy mountain slope. In the foreground, one skier is kneeling, while others stand around them. The background shows a vast, snow-covered mountain range under a clear sky. The text is overlaid on the right side of the image.

an athlete  
without  
disabilities?  
Does this  
stop them, or  
keep them  
going,  
towards  
their goals?

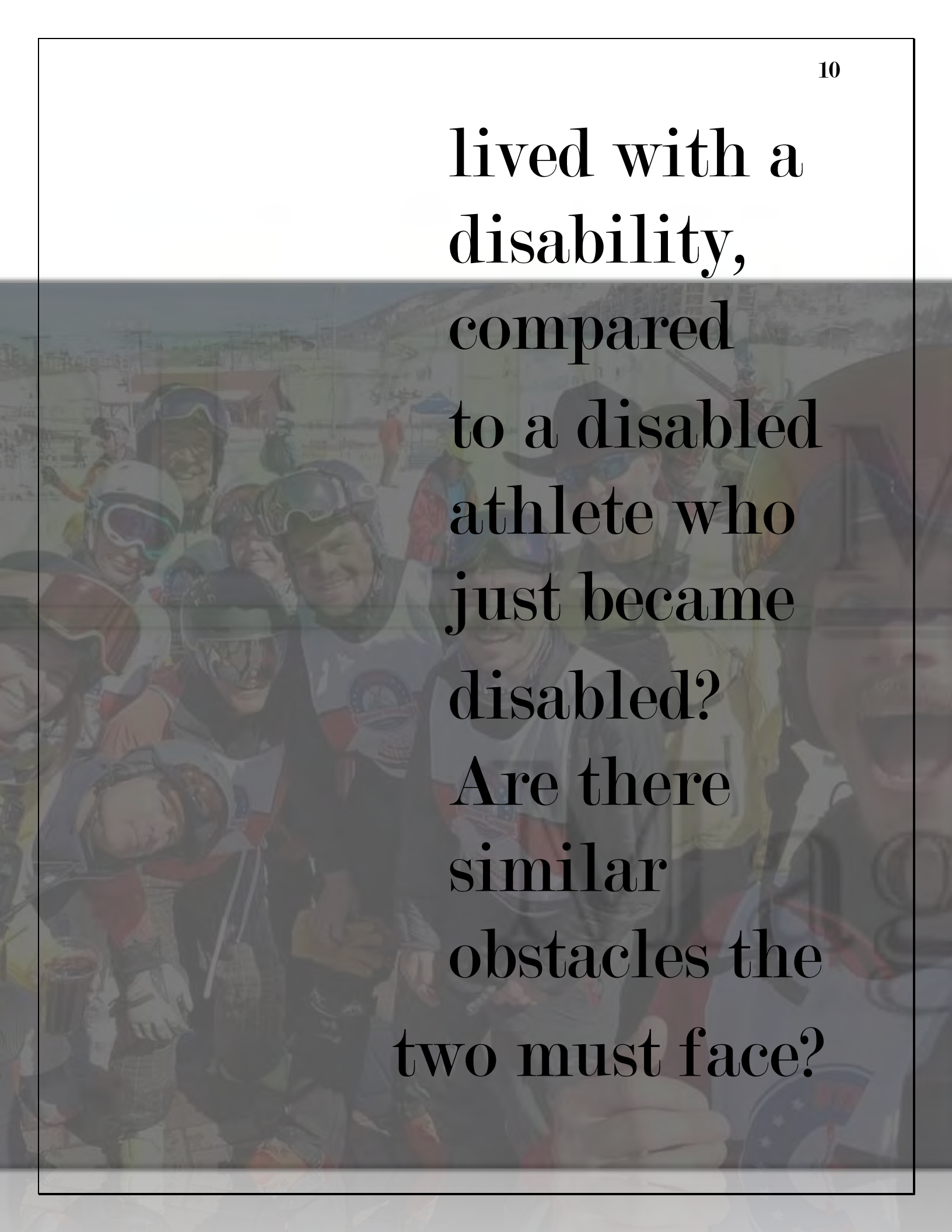
“The emotions,  
a lot of the times, can  
feel more powerful to



**a person with a disability. This is because of the stigma, the struggles, as well as because of anything else they may be facing. Adapting and finding a way to be able to recreate makes the success that much sweeter. Adaptive recreation changes lives, and overall, keeps them pushing towards their goals.”**



3) Is there a difference between disabled athletes who have grown all their lives being disabled since birth, and have



lived with a  
disability,  
compared  
to a disabled  
athlete who  
just became  
disabled?  
Are there  
similar  
obstacles the  
two must face?

“In a way there is a difference between the two, but in a way there is not. They may face very similar challenges; the only real difference is, for example, someone who has acquired an injury can relate their current way of doing things to their old way of doing things. It’s amazing getting to work with all these people who have disabilities.”

4) Are  
disabled

athletes

reluctant or

eager to get in

touch with

STEAMBOAT

stars, or

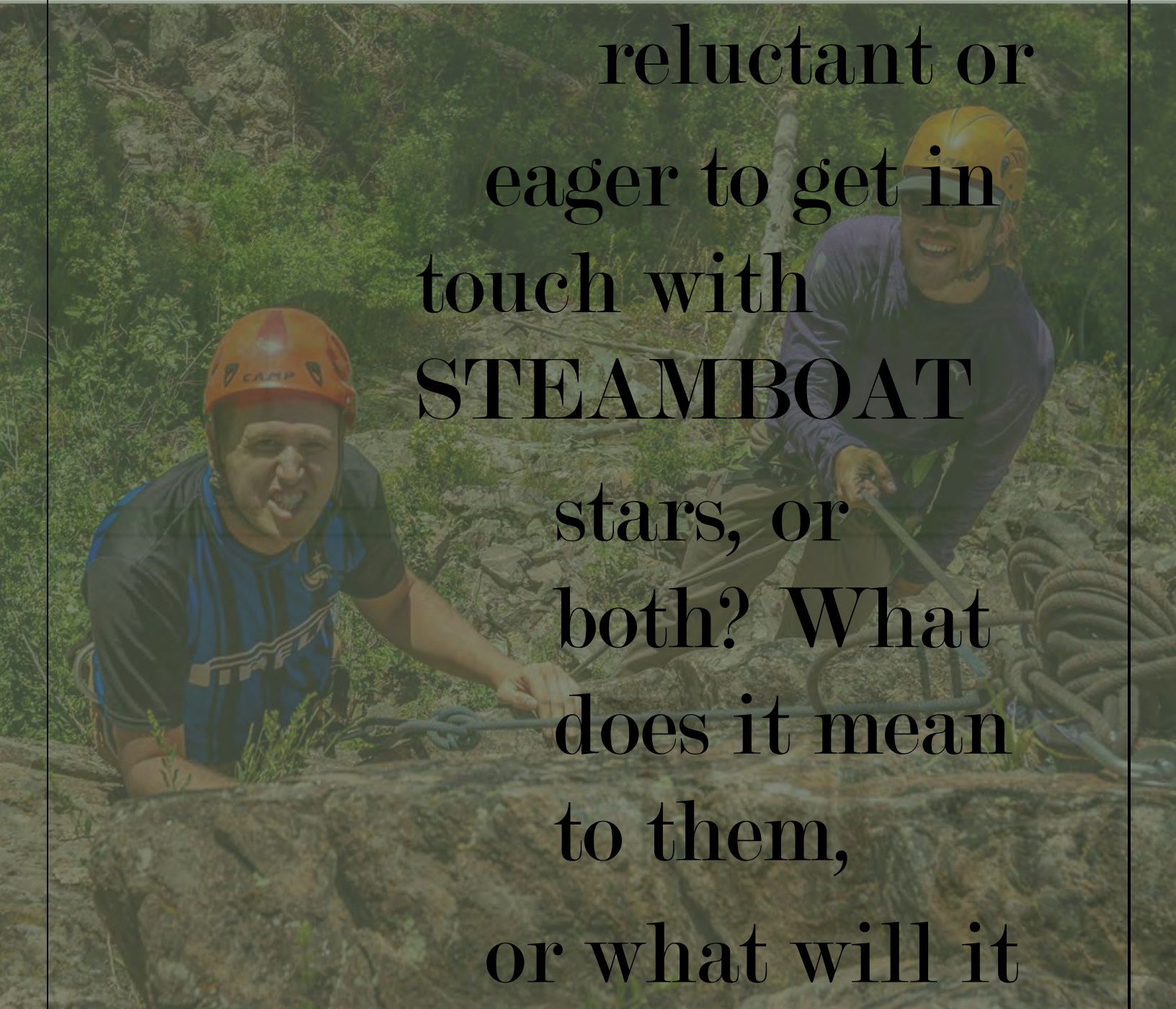
both? What

does it mean

to them,

or what will it

mean for



# many, in the future?

“Disabled athletes and Adaptive athletes are always eager to get involved in our programs and experience the magic to Yampa Valley. Steamboat STARS changes lives. I know firsthand, I was a participant in the STARS program and now I am a Paralympic Gold medalist and working for the mission I believe in. Our programs will continue to help

serve others and change  
future lives to come.”

-Noah Elliot. (Steamboat  
STARS)



## **Contact:**

If you would like more information on Steamboat STARS, their organization or how to get affiliated or involved with their adaptive sports programs, you may do so via their website, phone number, or email.

**<https://steamboatstars.com/>**

**970-870-1950**

**[info@steamboatstars.com](mailto:info@steamboatstars.com)**



A photograph of three young male athletes and a male coach standing together. The two athletes on the left and right are wearing blue sleeveless athletic tops and dark shorts. They are both wearing medals around their necks and race bibs. The bib on the left athlete reads "JUNIOR OLYMPIC 144 ASSOCIATION CHAMPIONSHIPS". The bib on the right athlete reads "JUNIOR OLYMPIC 142 ASSOCIATION CHAMPIONSHIPS". The coach in the center is wearing a grey baseball cap and a blue polo shirt. He has his arms around the shoulders of the two athletes. The background is a light-colored wall with some banners visible, including one for "USATF FLORIDA".

# East Orlando Track Club-

*Discipline,  
Honor, & Pride.*

The purpose of the EOTC is to motivate and aspire athletes to achieve leadership, discipline, pride, and integrity through the sport of track and field. Founded in 2009 by Micheal & Ebony Garcia, EOTC has made a positive, physical, and mental impact on those participating in the program.

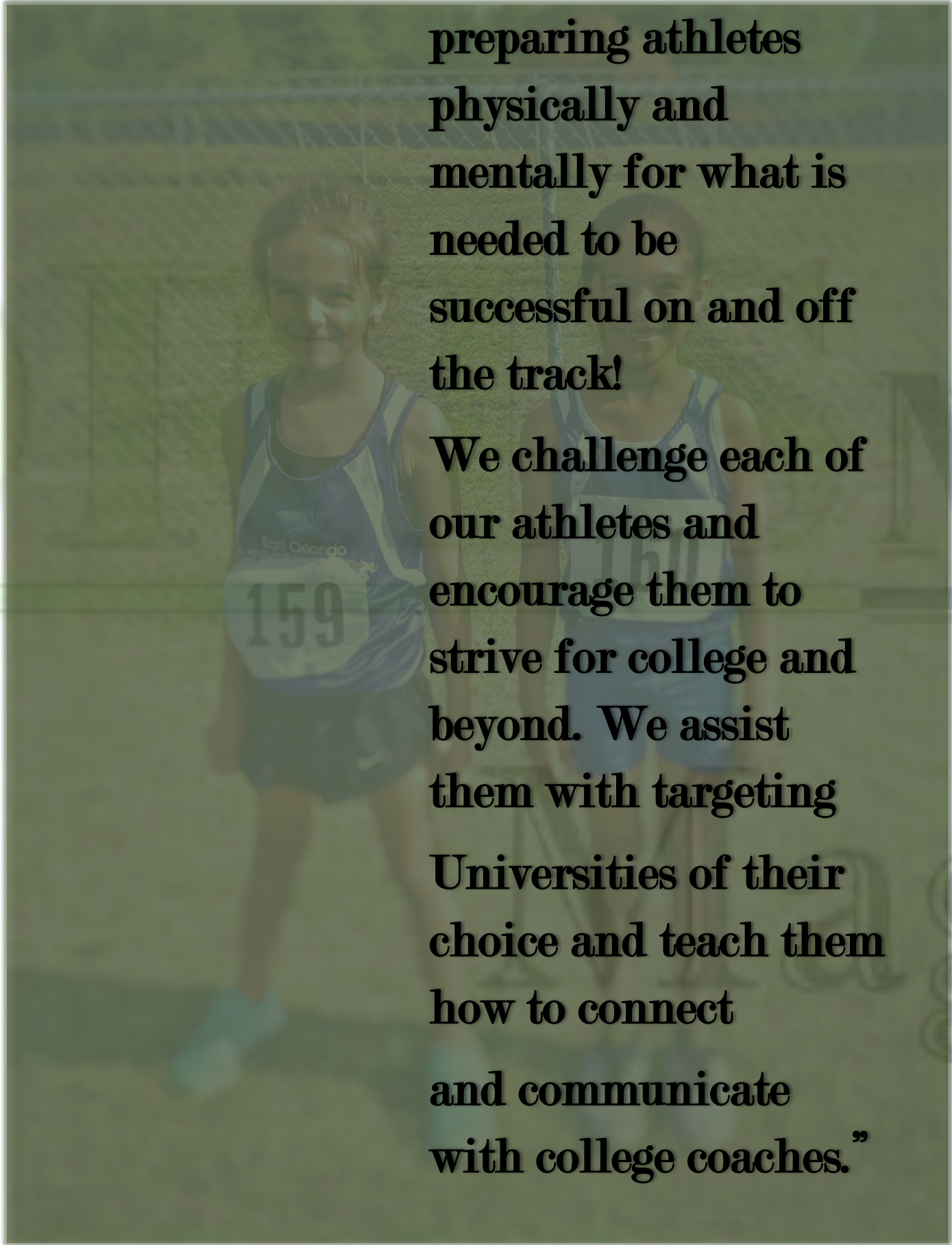
1) What can you say about the East Orlando Track Club, to someone who



**doesn't  
know**

**about the  
organization's  
importance  
?**

**“The East Orlando  
Track Club (EOTC) is  
a nonprofit  
(501(c)(3))  
development and  
competition program  
geared towards**



**preparing athletes  
physically and  
mentally for what is  
needed to be  
successful on and off  
the track!**

**We challenge each of  
our athletes and  
encourage them to  
strive for college and  
beyond. We assist  
them with targeting  
Universities of their  
choice and teach them  
how to connect  
and communicate  
with college coaches.”**



## 2) How does the East Orlando Track Club get its roots, and why?

**“EOTC was  
founded in 2009 out of  
necessity to train one  
athlete. The two  
founding members,**



**Micheal & Ebony Garcia, both competed on the collegiate level for the University of Maryland and had a son who they believed had potential yet needed some development.**

**After connecting and working with USA Track & Field (USATF) to earn their coaching certifications, EOTC stepped on the track with that one athlete**

and eleven of his friends.”

**3) When someone dedicates their time to participate in your organization , do you see**

# improvement

# ?

**“EOTC trains athletes, many of whom compete in other sporting activities like football, baseball, basketball, etc. EOTC has provided athletes with the opportunity to travel and compete throughout the State of Florida, and beyond. Our athletes have competed in Michigan, Iowa,**

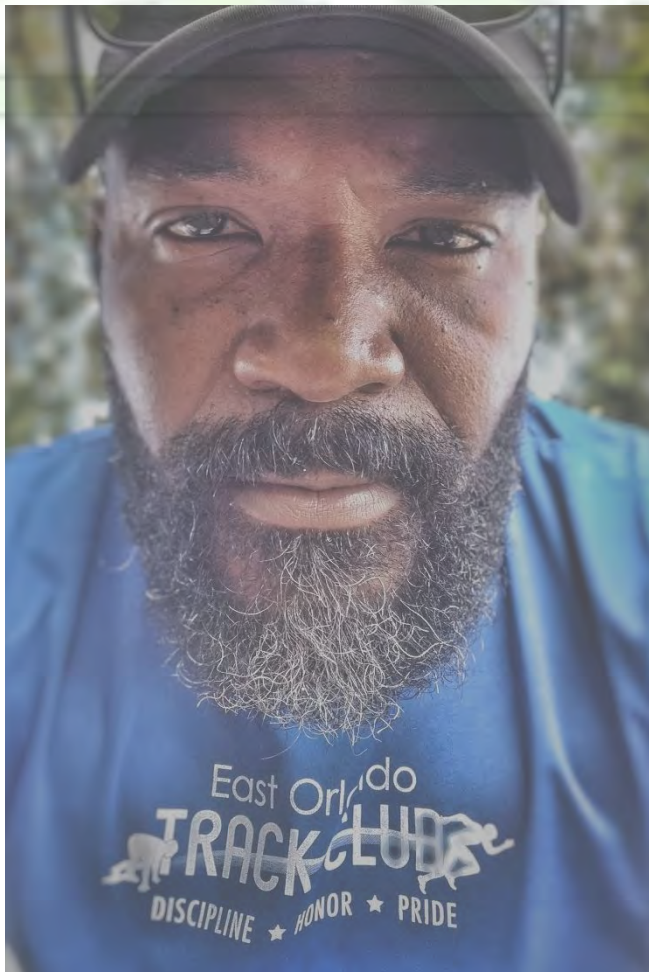


**Georgia, North &  
South Carolina,  
Virginia, and  
California.**

**However, we  
don't travel simply  
for the scenery; we  
go to collect  
hardware! EOTC  
has developed  
more than 20  
athletes who  
earned a spot to  
compete for  
National  
Championships.  
Eleven of them**

have earned All-American designations with our top performers finishing in the top 5 for their respective events among the best athletes in the Nation!

-Coach Micheal Garcia (East Orlando Track Club).



## Questions for Volunteers:



1) Which kinds of events do you usually attend within the club?

**“The majority of the events I attend are practices, and practices are also my favorite events. This is where you see the kids putting in the hard work to meet goals. I have also attended local track meets and enjoy watching the kids compete.”**

**- Volunteer  
Coach Paul Sebert.**



**2) What  
does the  
East  
Orlando  
Track Club  
mean to  
you?**

**“To me the  
East Orlando  
Track Club is a  
family. This is  
with head coach**

**Micheal Garcia  
fostering children  
to be the best that  
they can be on and  
off the track. I  
believe it has  
bettered me  
wanting to help  
the children (our  
future) become the  
best that they can  
be!”**

**- Volunteer Coach  
Amanda Cecilio.**



## **Contact:**

If you would like to find more information on the East Orlando Track Club, or on how to join the team, you may do so by contacting them via their phone number, email, or website link.

**Office: (407) 574-7033**

**[eastorlandotc@live.com](mailto:eastorlandotc@live.com)**

**[www.eastorlandotc.com](http://www.eastorlandotc.com)**

# Women's Sports Museum-

2019 World Trailblaze  
Mackenzie Soldan,  
Paralympian

WOMEN'S  
SPORTS  
MUSEUM  
LUNCH  
PARTY  
Breaking  
Barriers.

November 16th - 6:30 PM  
Sarasota Yacht Club

WSM  
women's sports museum



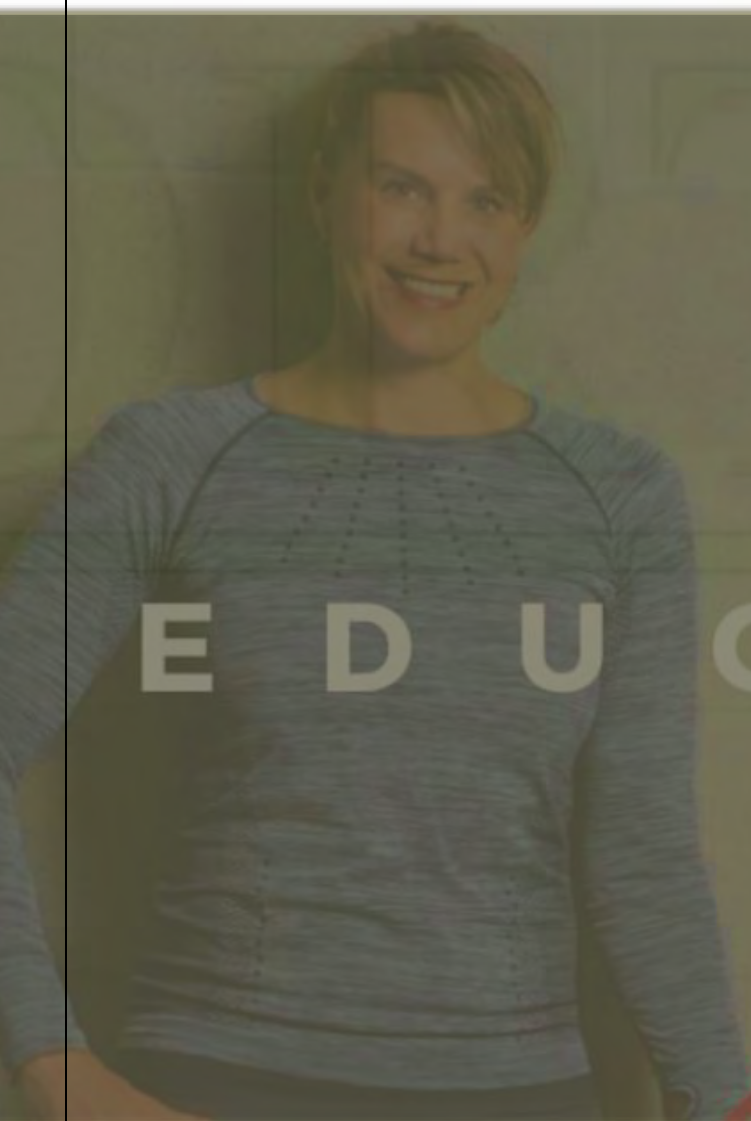
## **The Women's Sports Museum's**

mission is to inspire girls through the power of sports. The Vision - to Inspire All. By honoring, celebrating, and recognizing those women in sport who broke the barrier, are breaking barriers, & inspiring those who will.

1) What does it mean to you to hear the words 'Women's Sports Museum' altogether, knowing

that just  
those three  
words  
stand for  
what is a  
matter of  
infinite  
importance  
for women &

# their global value?



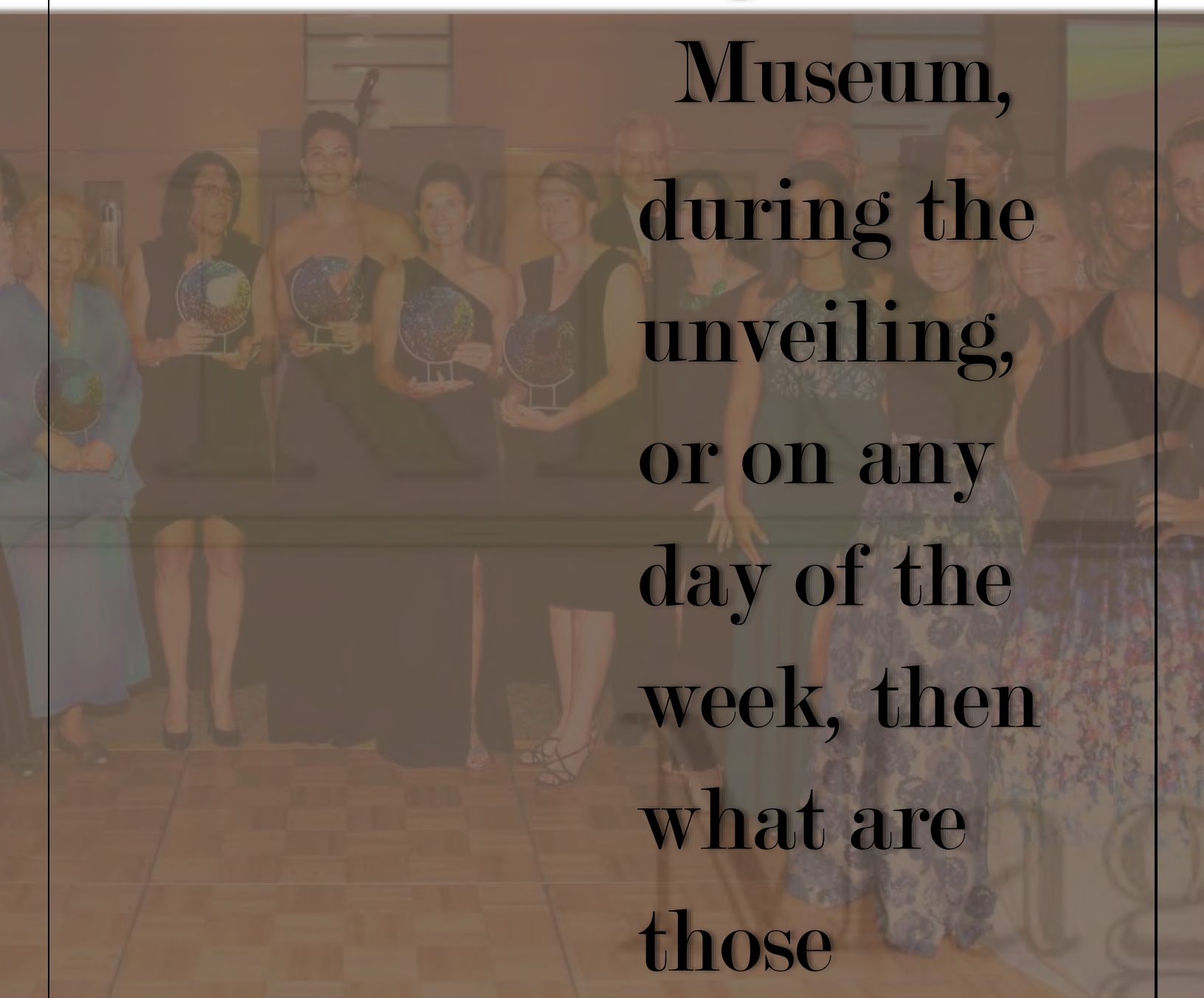
**“The first is to document and celebrate athletes who broke barriers and rules to inspire us. Secondly, so that our sons and daughters can see the possibilities and will be inspired and ignited to dream big, defy any odds set before them, and**

**become all they can be  
in the arena of sport,  
also in life. This is  
due to the power of  
sport... It changes  
lives, and we want to  
be that changing  
force!**

**Without our  
museum working to  
level the playing field,  
in sport and everyday  
life, we risk  
sidelining young  
women who might  
otherwise have  
incredible gifts to**

share with their communities.”

2) If you could give three reasons why people should go to the Women's

A group of women in formal attire are standing on a stage, each holding a circular plaque. The plaques appear to be awards or commemorative items. The background is a simple, light-colored wall. The overall scene suggests a formal event or ceremony.

**Sports  
Museum,  
during the  
unveiling,  
or on any  
day of the  
week, then  
what are  
those  
reasons?**

A person wearing a blue helmet and a red backpack is rappelling down a rock face. The person is wearing a blue and black patterned shirt and blue pants. The background is a lush green forest with large leaves and trees. The text is overlaid on the right side of the image.

**“The Women’s Sports Museum will give visitors the opportunity to explore and celebrate historic achievements, learn about the current impact of sport around the world and be inspired by the many opportunities that sport offers. Visitors will enjoy an interactive and dynamic experience, with a mix of straightforward sports**

A group of people, including women and children, smiling and posing for a photo in a museum setting. The background shows a large, brightly lit space with arched doorways and a high ceiling. The people are dressed in casual to semi-formal attire. The overall atmosphere is positive and engaging.

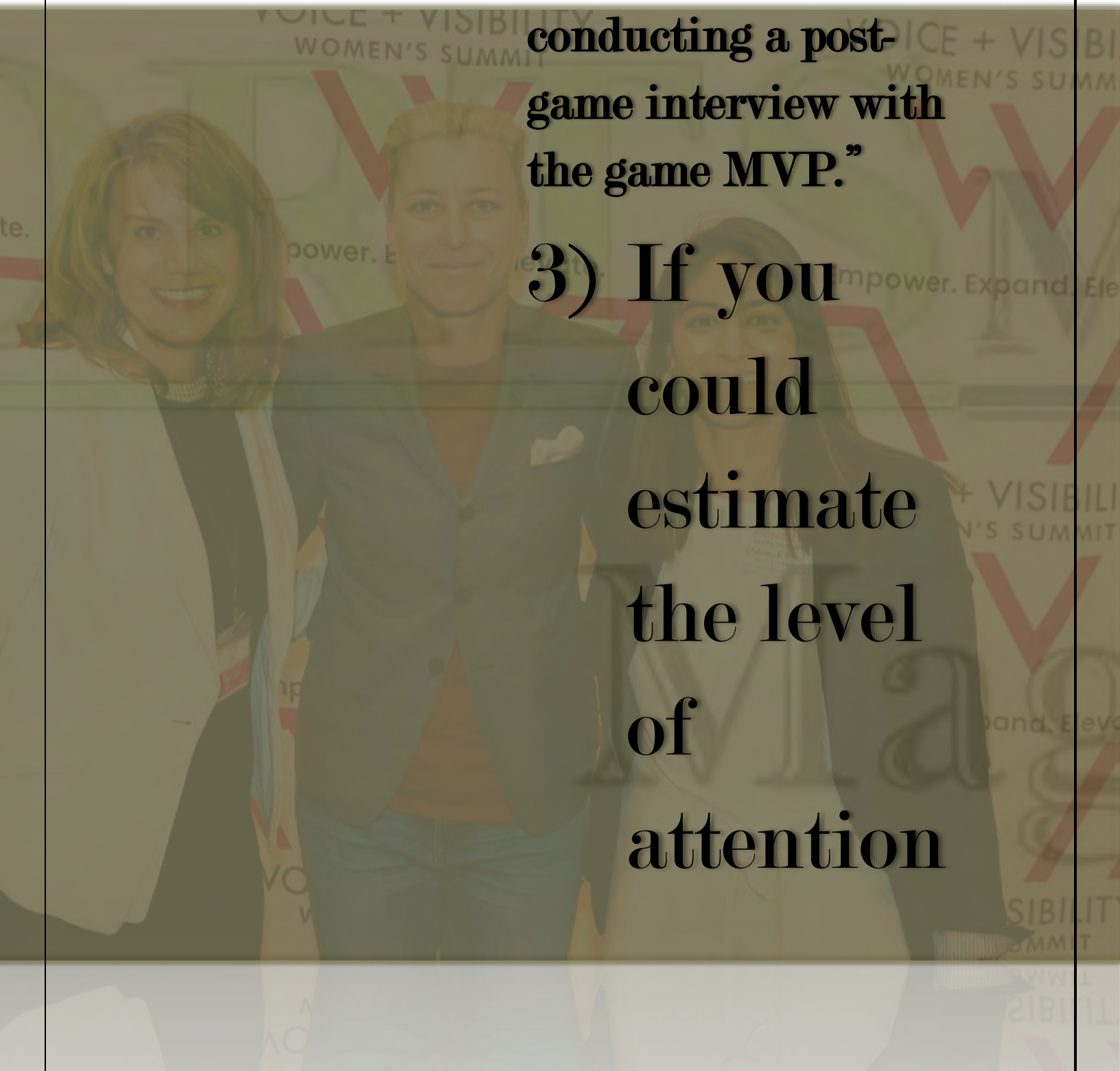
**exhibits and those that are a bit more unusual. We believe immersive exhibits amp up the fun and may encourage visitors to participate in the museum's sports training programs. Our technology driven exhibits will offer visitors the chance to "get in the game" and experience various aspects of a professional sporting**



event from trying to  
return a world-class  
tennis serve to

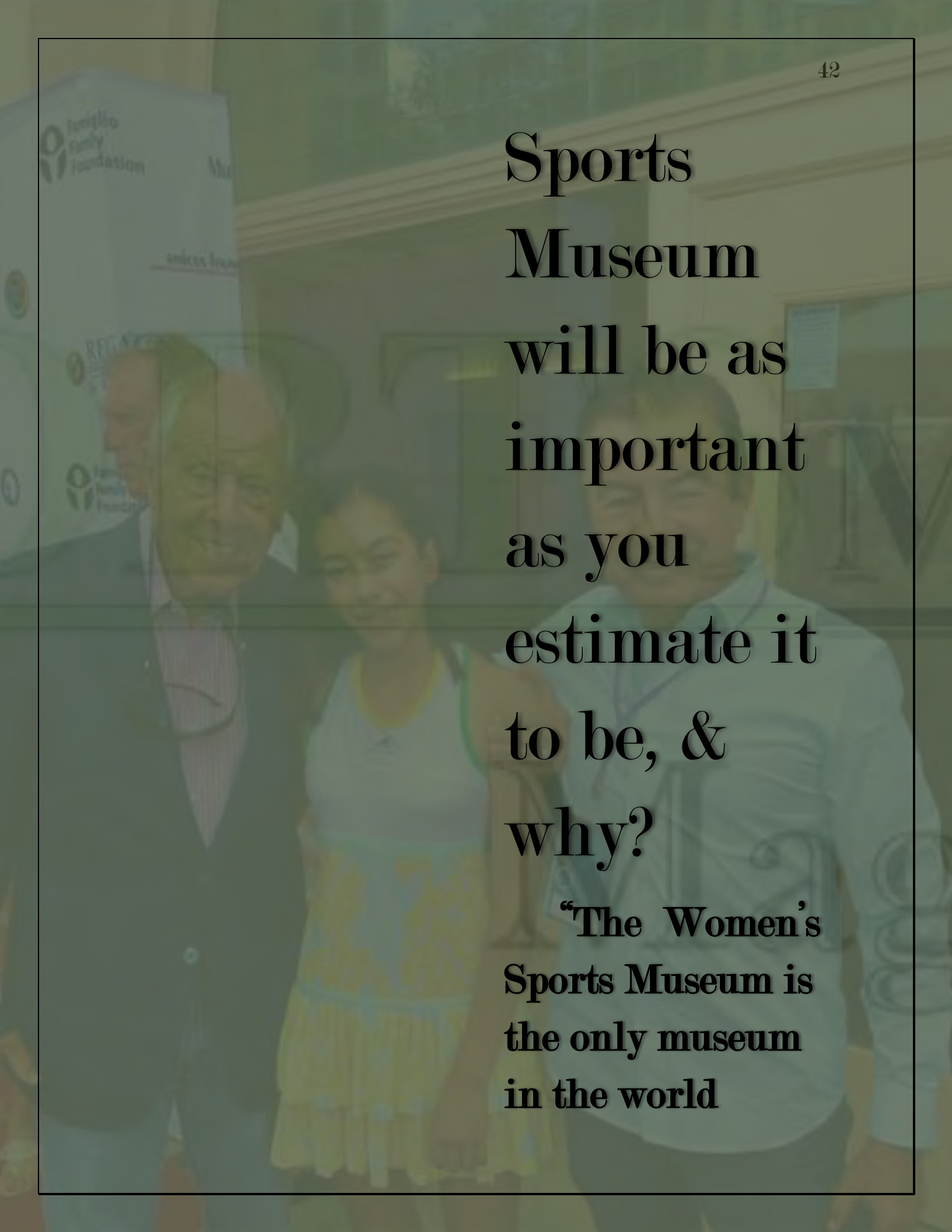
conducting a post-  
game interview with  
the game MVP.”

3) If you  
could  
estimate  
the level  
of  
attention



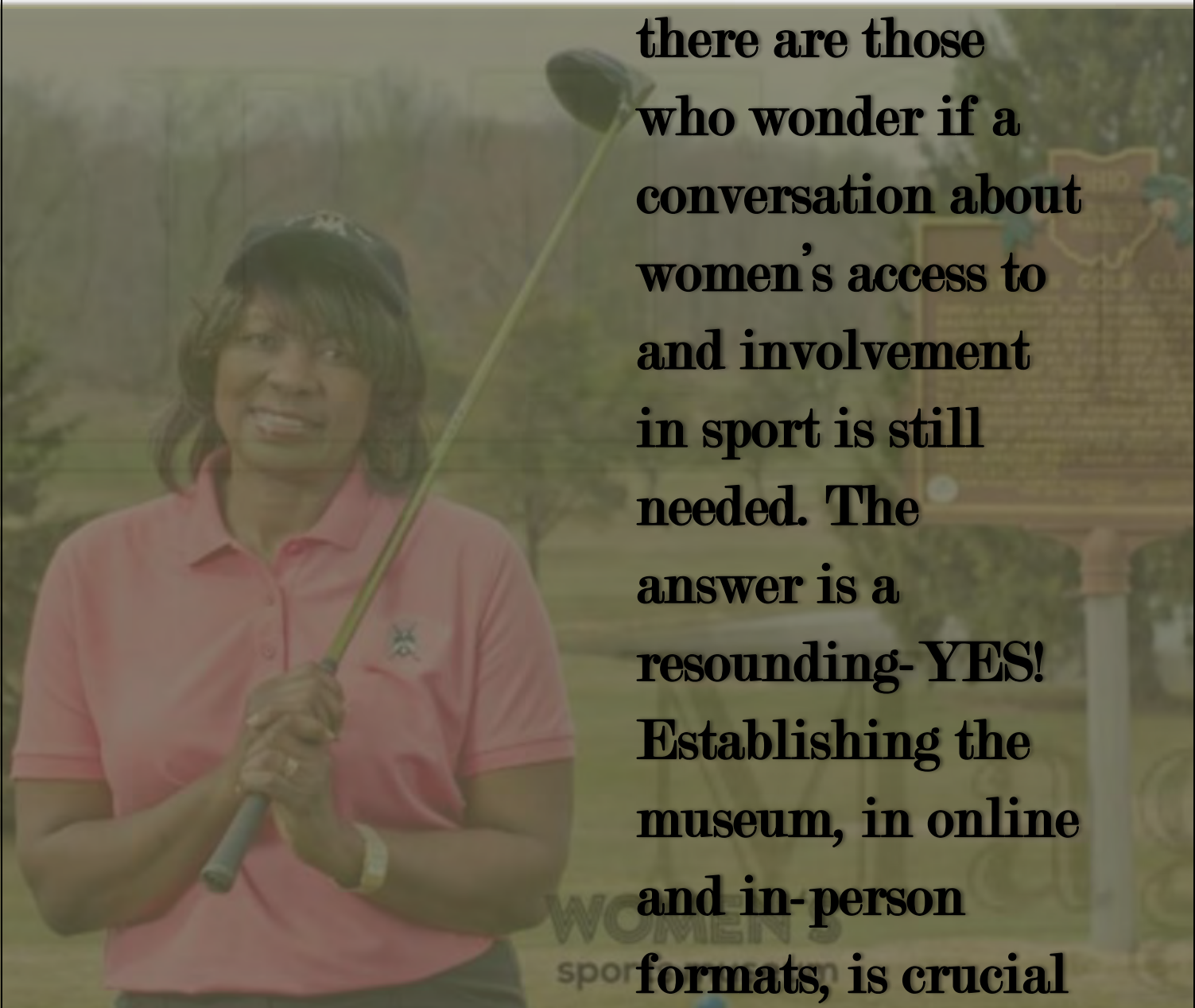
**that your  
museum  
will  
receive, in  
each time  
span, why  
do you  
believe  
that the  
Women's**





**Sports  
Museum  
will be as  
important  
as you  
estimate it  
to be, &  
why?**

**“The Women’s  
Sports Museum is  
the only museum  
in the world**

A woman with dark hair, wearing a pink polo shirt and a dark visor, is smiling and holding a golf club. She is standing on a golf course with trees and a building in the background. The image is semi-transparent, allowing the text to be overlaid on it.

**devoted to women  
in sport. It bears  
repeating because  
there are those  
who wonder if a  
conversation about  
women's access to  
and involvement  
in sport is still  
needed. The  
answer is a  
resounding- YES!  
Establishing the  
museum, in online  
and in-person  
formats, is crucial  
to sharing the**

story of women's achievements in sport, inspiring future generations and expanding efforts to level the playing field through inclusion initiatives.”

**-Beth Green  
(Women's Sports  
Museum).**



## **Contact:**

If you would like to learn more about The Women's Sports Museum, and how to get involved, you may do so via contacting their email or website.

[info@womenssportsmuseum.org](mailto:info@womenssportsmuseum.org)

<http://www.womenssportsmuseum.org/>

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