



# HIGH SCHOOL ADAPTIVE SPORTS

PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

## FREQUENTLY ASKED QUESTIONS

### How does the CAF Virtual Adaptive Track & Field Program work?

The CAF Virtual Adaptive Track & Field Program provides self-directed track & field training to middle school and high school athletes around the country. This program is accessible year-round and includes six-weeks' worth of track & field practice plans, video tutorials, challenges, and additional resources. You can determine the rate in which you participate based on your ability level, interest, time, etc. Have fun!

### What if I don't have a wheelchair racer or throwing chair? Can I still participate?

Yes, of course! There are many athletes participating in this program that will be using an everyday chair or sport chair for wheelchair racing and/or seated throwing. Practice plans can be easily converted – modify as needed and have fun!

### Some of the drills in the practice plans are too difficult for me, what do I do?

That's okay! If needed, modify drills to perform movements safely and with good form, move through practices at a slower pace, use stabilizing objects, eliminate weight from strength & conditioning movements, and rest as needed. If an exercise cannot be modified, you can skip that drill and focus on other exercises that work for you! This program is all about getting active, acquiring new skills, and having FUN – don't get discouraged if something is difficult. Just try your best and enjoy the learning process!

### What if I am already getting training through a school team or an adaptive sports organization?

We strongly encourage you to continue following any practice plans from a high school track & field team or an adaptive sports organization. You can utilize the CAF High School Adaptive Sports Program as an additional resource to support your training. If you have a high school coach that is inexperienced in adaptive track & field, feel free to share the practice plans and video tutorials with them so that they can learn more about how to coach you as an adaptive athlete. CAF also has additional adaptive track & field video resources that may be helpful, please click [HERE](#) to view.

### My high school currently offers track & field, how do I join my team?

All students have the opportunity to participate in high school sports – including students with physical disabilities. See below for steps on how to join your high school track & field team:

- **STEP ONE:** Understand the history about adaptive athletes participating for their school sports teams (click [HERE](#) to learn about the Dear Colleague Letter).
- **STEP TWO:** Contact your high school athletic director, sport coach, or personal advocate and tell them that you want to participate on the track & field team.
- **STEP THREE:** Research your high school state association to learn about the rules and regulations for adaptive student-athletes (click [HERE](#) for a list of the high school state associations).

- *STEP FOUR:* Inquire about equipment by asking your school if they have dedicated funds towards adaptive equipment OR asking a local adaptive sports organization if they offer loaner equipment.
- *STEP FIVE:* Get moving and start practicing with your high school team! If your school is concerned about your request to participate, please reach out to [highschoolsports@challengedathletes.org](mailto:highschoolsports@challengedathletes.org) for support.

I want to meet other athletes around the country who are participating in the High School Adaptive Sports Program, how do I do that?

Join our [High School Adaptive Sports Facebook page](#) to connect with other athletes and families!