

THE BRIDGE

Adaptive Sports
& Recreation

The Bridge Adaptive Sports & Recreation

was founded in 2021 by a unique team of medical professionals, community advocates and adaptive athletes who have bonded together through a mutual goal: to eliminate barriers for people with disabilities to participate in physical activities in Greater Cincinnati.

Impact 100 WISH LIST:

Nearly all our adaptive sport opportunities are free to the adaptive athletes. We want to ensure that finances are not the first barrier to experiencing adaptive sports.

Equipment and Experiences

\$1500 – Creating Ability Adaptive Kayak

\$600 – Cerebral Palsy Soccer Fall Season Field Rental

\$400 – New set of wheelchair wheels to add to our adaptive equipment bank

\$150 – 3 Hour Adaptive Ski Lesson at Perfect North Slopes

\$50 – 3 Adaptive CrossFit Classes with Invictus Adaptive Training

Volunteer Needs

Runners and Cyclists – to assist in handcycling training leading up to the Flying Pig in the Spring

Sports Enthusiasts – we welcome anyone with a passion for sport to volunteer, regardless of your experience working in the disability community

Board of Directors – join the team to help make our efforts sustainable for years to come

Larger Needs and Dreams

Truck – we are in search of a truck to help transport our large equipment and tow trailers

Handcycles - Additional handcycles and recumbent cycles are needed for use in the Flying Pig 10K

Brick and Mortar Space – our dream goal has and will be to have an accessible hub for sport and exercise in Cincinnati

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Executive Director

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It doesn't have to be easy. It just has to be *possible*.