

# OFF THE SIDELINES AND INTO THE GAME



The American Association of Adapted Sports Programs works to support a standardized structure for school-based athletic competition to improve the well being of students with physical disabilities, to support "*SPORTS FOR ALL.*"

[adaptedsports.org](http://adaptedsports.org)





**WHO IS AAASP?** The American Association of Adapted Sports Programs, Inc. (AAASP) is a 501c3 organization that provides services to Local Education Agencies, State High School Associations and State Departments of Education in extracurricular adapted athletics for physically disabled children attending grades 1-12 to improve their well-being while positively influencing total student development. Based in Georgia, the AAASP model has been in place since 1996, and ensures disabled students the opportunity to experience the benefits of school sport competition just as their non-disabled peers do.

**HOW DOES THE PROGRAM WORK?** AAASP partners with State High School Athletic Associations and schools across the United States to provide opportunities for students with physical disabilities to participate in team sports which are offered during the school year: wheelchair team handball in the fall; wheelchair basketball in the winter; and wheelchair football and wheelchair track and field in the spring. All students participate in a wheelchair, whether they use one on a daily basis or not. This helps level the playing field and engages more students with physical disabilities in athletics.

**BENEFITS** The benefits of athletic and physical education programs are equally important for students with disabilities as they are for all students. Participating in physical activities helps reduce obesity and prevent health problems such as, heart disease, breast cancer, and debilitating stress-related illnesses like depression. Individuals with disabilities who participate in sports have higher self-esteem, better body images, and higher rates of academic success; and are more likely to graduate from high school and matriculate in college; and experience greater success and more options.



FALL: HANDBALL



WINTER: BASKETBALL



SPRING: FOOTBALL/  
TRACK & FIELD

For more information on how to get involved with AAASP, contact Executive Director Tommie Storms at 404-294-0070.



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