

Adaptive Sports Program at Kennedy Krieger Institute

Bennett Institute Winter Sports

Who We Are

At Kennedy Krieger Institute, our commitment to lifelong health extends beyond the hospital or classroom walls. We believe that individuals of all abilities should have the opportunity to lead active, healthy, and independent lives. Participation in sports and recreational activities helps make this possible.

Through the Bennett Institute, part of the Adaptive Sports Program at Kennedy Krieger Institute, we offer a range of programs—both competitive and recreational—for children with varying degrees of physical disabilities. Participation in recreational activities and sports helps individuals with disabilities build strength and a sense of independence while they increase body awareness, build self-confidence, learn life skills, and make new friends.

Who We Serve

The Bennett Institute sports programs are open to individuals aged 2-21 with physical challenges who exhibit cognitive skills at or near appropriate developmental levels. Prior experience is not required to participate in any activity.

Participants are interviewed along with their families to determine appropriateness for participation. Participants must demonstrate the ability to follow one-step verbal directions and to respond to verbal social and behavioral cues necessary for safe, independent participation in group activities.

Our Approach

All activities are supervised by experienced staff and take into account individual needs and abilities. Adaptive equipment is available when necessary. The programs incorporate opportunities for participants to learn sports to practice and develop skills independently, use learned skills during leisure time, grow



socially/emotionally, and practice problem solving. Programs are tailored to the unique needs of each child and family.

Activities are held on a weekly basis on the grounds of the Greenspring Campus of Kennedy Krieger Institute. Off-site programming may include participation in local, regional, national, and international athletic competitions. Activities scheduled for a particular sports season may vary and can include both beginner and advanced training.

We are all born with great potential.
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute
UNLOCKING POTENTIAL

Winter Sports

The Bennett Institute is currently enrolling* for the following sports programs and teams during the winter season.

Ambulatory Basketball – Ages 5 and up

This program is designed for athletes who are physically challenged and can ambulate with or without assistive devices. All levels of play and ability are accommodated.

Motor Development – Ages 2-7

Designed for younger children with physical challenges, activities are selected to improve children's fine and gross motor coordination. Children improve basic catching, throwing, striking, and movement patterns as they manipulate themselves through a variety of climbing apparatuses, and experiment with different athletic equipment. Following 45 minutes in the gymnasium, the children go to the pool for basic swimming orientation and instruction.

Power Hockey – Ages 5 and up

Power hockey is a sport for power chair users utilizing specialized lightweight hockey sticks. It is played on a basketball court. Both beginner and advanced players are welcome.

Power Soccer – Ages 5 and up

Power soccer programs offer the speed and agility of the game through the use of adapted guards attached to power chairs to assist the participants in playing. The program offers two levels of play: Division I for older, more experienced players and Division II for developing players. Both programs are registered with the United States Power Soccer Association.

Sled Hockey – Ages 5 and up

The sled hockey program is designed for any athlete with a physical challenge. All levels of play and ability are available. Athletes wear full ice hockey equipment as required by USA Hockey. There are two levels: junior and adult.

Swimming – Ages 9 and up

The combined fitness and swimming option is designed to help improve athletes' overall fitness level. In this program, cardiovascular and strength training activities are addressed in the fitness center, followed by time in the pool for basic swimming orientation and instruction. For those who only want fitness training or swimming instruction, separate registration is available for either program.

Table Tennis – Ages 5 and up

This is an instructional program for beginners and advanced players. Basic table tennis techniques, such as forehand, backhand, and serve, are demonstrated and practiced. Participants learn and use the rules of table tennis in practice matches and a singles tournament.

Wheelchair Basketball – Ages 5-18

Opportunities to participate, train, and compete in wheelchair basketball are provided for athletes with a permanent lower limb disability. Participants can practice in three levels of play. Loaner basketball wheelchairs are available for those who don't have their own.

**Enrollment may be limited based on the availability of space in a particular program.*

Contact Information

Adaptive Sports Program at Kennedy Krieger Institute

For more information about our program, call **443-923-7844** or email **HermanG@KennedyKrieger.org**.

KennedyKrieger.org/Adaptive-Sports

Location:

3825 Greenspring Avenue
Baltimore, MD 21211

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



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