

Adaptive Sports Program at Kennedy Krieger Institute

Bennett Institute Spring 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, 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

Spring Sports

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

Baseball – Ages 5–18

The baseball program is conducted in the gymnasium and is open to all athletes five years or older. Participants receive practice time and instruction for hitting and fielding the baseball, as well as ongoing instruction regarding the rules of the game. For safety purposes, athletes use a “soft tee” practice ball. Volunteers or staff pitch, and the five-run maximum rule per inning is utilized. Athletes get five strikes, and each side is given three outs per inning.

Cycling – Ages 5–21

Our cycling program provides the opportunity to train on and ride traditional bicycles, adapted tricycles, hand cycles, and race runners (specialized three-wheeled bikes that allow participants to propel themselves by running while being supported by the bike’s frame). The cycling program uses safe, local venues such as Druid Hill Reservoir.

Race Running – Ages 5–21

Race runners, or Petras, are specialized three-wheeled bikes from Norway that allow participants to propel themselves by running while being supported by the bike’s frame. Race running is the perfect program for athletes who use walkers or assistive devices, as well as those who can bear weight.

Swimming – Ages 5 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.

Tennis – Ages 5–21

The tennis program is designed to provide basic to advanced instruction in stand-up and wheelchair tennis. The program covers the basic skills of forehand, backhand, and serve, as well as basic strategy and match play. Team and individual events are conducted.

Track and Field – Ages 5–21

The track and field program provides the opportunity to become familiar with both the basic and advanced techniques needed to participate in competitions. Participants practice running form and pushing form drills, as well as interval training on the wheelchair rollers or treadmill. Participants receive instruction and training in the shot put, discus, javelin, softball, and club throwing events as determined by age and classification. (All athletes are classified to determine appropriate event participation.) Athletes receive information and assistance regarding opportunities to participate in local, regional, and national competitions.

Wheelchair Softball – Ages 5–21

Wheelchair softball takes place in our gym or on our new outdoor field. A 14" DeBeers gymball softball is used, eliminating the need for gloves. Tournaments and clinics are conducted throughout the spring and summer. Sports wheelchairs are available for those who need them.

**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.



Learn More. Get Involved. Stay Connected. Visit **KennedyKrieger.org/Connect**.