



2011 Energy Challenge

For over 30 years the Bay Area Outreach & Recreation Program (BORP) has provided people with physical disabilities opportunities to participate in sports and recreation programs. Twenty-seven years ago, BORP made a commitment to disabled kids in the Bay Area to provide quality, structured programming that not only promotes an active lifestyle, but also increases independence. BORP has continued to set the standard for access to sports to disabled individuals and has proven itself as a nationally recognized program for over two decades.

This summer, we continue to raise the bar. We have expanded our summer programming to allow more opportunities to these kids and we want to continue to challenge them and celebrate their efforts. Once again, this summer our focus is **energy**. **Energy (en-ergy) - "The capacity to perform work or be active."**

We have established a unique summer event and invite you to take part. Our goal is to locate and "activate" a group of incredible kids. This group of self-motivated kids, with physical disabilities, will participate in programs and activities throughout the summer, and expend an unprecedented amount of energy. Through a generous grant from the Christopher and Dana Reeve Foundation, BORP was able to purchase fitness tracking equipment that will allow us to track their progress through the summer.

Last summer, in our first year of this Challenge, a group of 40 youth participated in the event, pushing their chairs and riding adapted cycles for a total distance of over **1600 miles**, and by participating in BORP activities, burned in excess of **239,000 calories**.



2011 GOALS



50 Youth participating

2000 total miles

And 250,000 calories of energy!!

(Measured from June 1 – Aug. 31, 2011)

We are accepting nominations for our summer "Energy" program. Nominees do not need to be using a wheelchair for mobility. Amputees and individuals with walking limitations are encouraged to participate, along with paraplegics and individuals using manual wheelchairs.

We invite you to have enough confidence in one of your students to nominate them today.

youthsports@borp.org

them today.

www.borp.org



This summer at BORP, we plan on doing something incredible. We are challenging kids with physical disabilities or orthopedic impairments to take part in the biggest fitness challenge of the year. Together, by participating in BORP programs, these kids will burn **250,000** calories. This is not a weight loss program. This is all about being active, working together, and accomplishing something HUGE.

We are inviting you to nominate one student from your school to take part in this challenge. Any student with a physical disability or orthopedic impairment that has the ability to push a manual wheelchair, ride an adapted bicycle, or skate in a hockey sled can take part in this challenge. Participating kids DO NOT need to be using a wheelchair permanently. We will provide sports equipment to enable them to participate. In some cases we can even provide transportation. Participants must be motivated and be able to follow instruction.

This summer, be part of something HUGE!

All participants that meet milestones related to distance and attendance will receive awards recognizing individual accomplishments and those completing a minimum of five program activities will receive a certificate of completion. Awards will be presented during Opening Day, Sep. 10, 2011. The nominating school represented will also receive a certificate reflecting their student's accomplishments.

Students must be nominated to participate.

For information, contact youthsports@borp.org

NOMINATE A STUDENT (or someone you know)

NAME: SCHOOL:

Students Name: M / F : Age: DOB: Grade:

Student's Disability or Orthopedic Impairment:

Reasons for nominating this student:

CONTACT INFORMATION- Nominator's Name: Phone:

Email:

Return to: youthsports@borp.org Fax: 510-849-4616
 Mail to: BORP (Attn.: Trooper Johnson)
 3075 Adeline St. St. 155, Berkeley, CA 94703