



SPORTS EXPLOSION WEEKEND AND FAMILY CAMP!

at
Triple R Ranch • Chesapeake, Virginia

October 20 - 22, 2023

Lions/ODU promote Adapted
Sports & Recreation for Youth
with Visual Impairments

A 241 Lions/ODU Partnership

About Us . . .

The **Lions Sports Explosion Weekend and Family Camp** is an overnight weekend program that offers opportunities for youth between nine (9) and nineteen (19) with visual impairments to participate in adaptive sports and recreational activities. Families are encouraged to take part in supporting visually impaired youth as they engage these active events. This unique program offers visually impaired youth opportunities not currently available in Hampton Roads, the state of Virginia and the U.S. Atlantic Region.

Our Goals and Objectives

EMPOWER

Youth with VI to be . . .

- Physically Active members of their Schools and Communities
- Improve their Health
- Improve their Quality of Life

EDUCATE

- Adaptive Sports
- Recreational Opportunities

- Mentorship - from Coaches
 1. Visually Impaired youth will learn what they **CAN DO** in Sports and Recreation.
 2. Adult Athletes with visual impairments (Paralympians) will participate and mentor younger athletes - providing opportunities to learn about their own abilities.

GRADUATE & UNDERGRADUATE STUDENT OPPORTUNITIES

Hands on Training in related fields

1. Physical Education
2. Recreational Therapy

RESEARCH

Provide a forum for conducting research in areas of:

- Physical Activity
- Health Related Quality of Life
- Utilizing ODU partnerships, nationwide and abroad
- Future opportunities for visually impaired youth

Beep Baseball



Goalball



Fishing



Horseback Riding



Rock Climbing

Sport Science

Track and Field



EVENTS

Beep Baseball: a very challenging and enjoyable competitive sport for athletes who are visually impaired.

Goalball: a paralympic team sport designed specifically for athletes with vision impairment. Participants compete

in teams of three, and try to throw a ball with embedded bells into the opponents' goal by using ear-hand coordination.

Fishing: visually impaired will learn techniques and the joy of fishing inspired by our experienced staff.

Horseback/Pony Riding: visually impaired riders will enjoy riding horses around the Triple R Ranch with our fully trained staff.

Rock Climbing: our certified rock climbing instructor, **Dr. Eddie Hill** will guide the visually impaired to soaring heights up the wall.

Sport Science Station: where one of our biomechanists will analyze gait patterns and share this information with the athletes.

Track and Field: distance running is easily adaptable for athletes with visual impairments. Here we teach kids about accommodations that can be made and how to advocate for those modifications.

How Lions can support the Lions Sports Explosion Weekend

Identify Visually Impaired Children

Identify Visually Impaired Children within your community who will benefit from this program.

Distribute Information

Distribute Lions Sports Explosion Weekend info to local organizations who are in contact with families of visually impaired children.

Sponsorship

Ask local business to sponsor a child to the Lions Sports Explosion Weekend at a cost of \$150 per child.

Provide Novelties

Ask local business to provide tee-shirts, snacks and other essential items to the campers.

Volunteer

Volunteer to work at registration, parking, security areas, or to help our medical staff.

Contributions

Make contributions to the Lions Charity Foundation of Southeastern Virginia, earmarked for the Lions Sports Explosion Weekend.



The Lions Sports Explosion Weekend Mission is to empower youth with visual impairments to be physically active members of their schools and communities and improve their health and quality of life.

Thanks to the Lions Charity Foundation of Southeastern Virginia for the initial funding to provide a unique opportunity to visually impaired children within our communities.

For additional information about the Lions Sports Explosion Weekend contact:

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To obtain a registration form scan the QR code.



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