



A program of Great Lakes Adaptive Sports Association

www.glasa.org



GLASA Holiday

Paralympic Experience

December 5, 2009
9:00 AM – 2:00 PM
Great Lakes Naval Base
Great Lakes, IL



Swim: 9:00 - 11:00 AM

Paralympic swimmers and coaches will be on hand for coaching and instruction

Building 440



Wheelchair Basketball

10:00 AM - 12:00 PM

University of Illinois head coach Mike Frogley will conduct this clinic

Building 4



Tennis

1:00 – 2:00 PM

Mike Carrico, USTA Pro & GLASA Adaptive Tennis Coordinator will be instructing this clinic.

Ambulatory and Wheelchair athletes welcome!

Building 4

*Open to ALL abilities.
Beginner thru elite.*

FREE!!!

**Come for the whole day
or just a portion!**

Pizza will be provided for all participants and parents from 12:00-1:00 PM. Feel free to bring a holiday treat to share!

Educational information about competitive opportunities at the local, regional, national and Paralympic level will be presented during lunch. Q & A session as well.

RSVP is required for security clearance onto the base. Please respond to Keri Schindler at (847) 283-0908 or kschindler@glasa.org no later than **November 29, 2009!**

SEE ATTACHED MAP FOR
DIRECTIONS





Naval Station Great Lakes near Naval Station Great Lakes, North Chicago, IL 60088

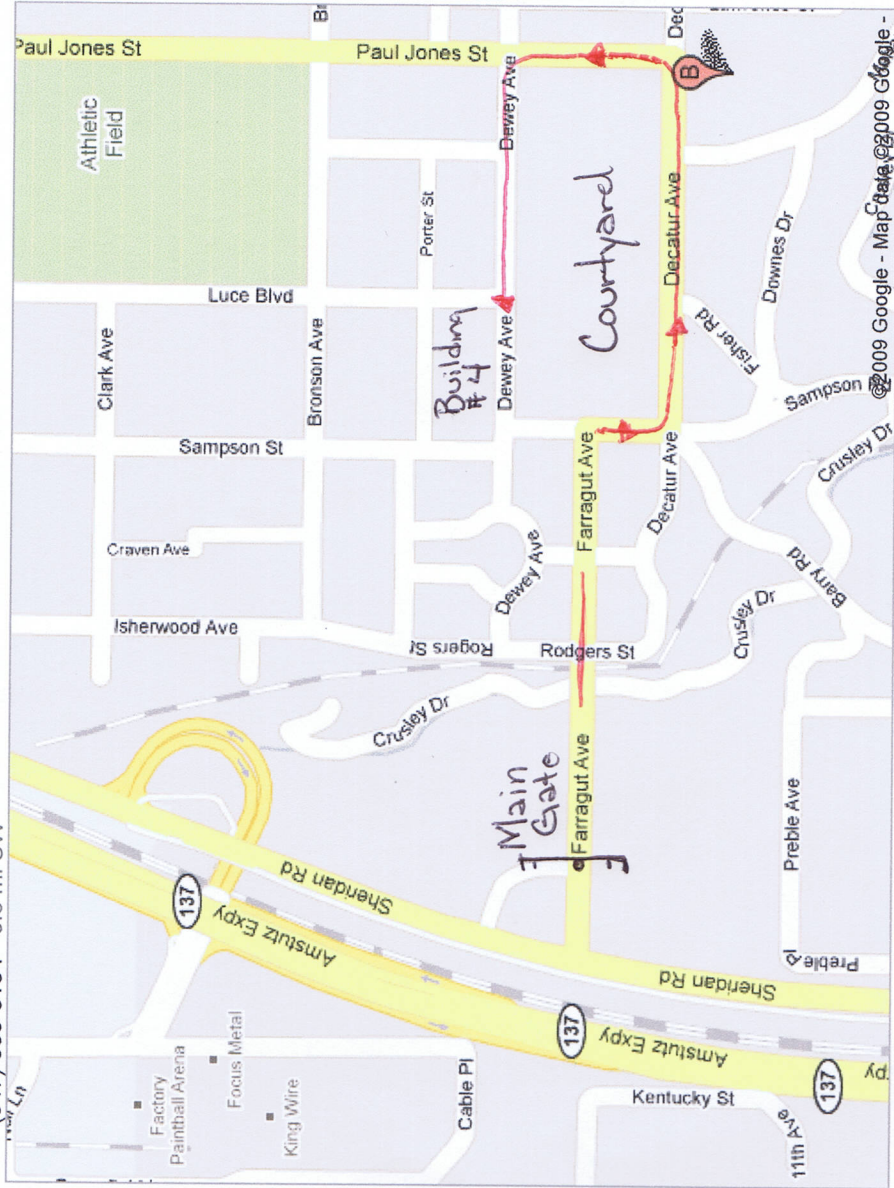
Get Google Maps on your phone
Text the word "GMAPS" to 466453



- A. **Naval Station Great Lakes**
0.1 mi W
- B. **Great Lakes Naval Station**
2601 Paul Jones St, Great Lakes, IL -
(847) 688-4617 - 0.8 mi E
- C. **Naval Station Great Lakes**
0.2 mi E
- D. **great lakes ns**
2601 a paul jones st bldg 30 great lakes, il
60088 - 1.1 mi NE

E. great lakes naval

(847) 688-3154 - 0.8 mi SW





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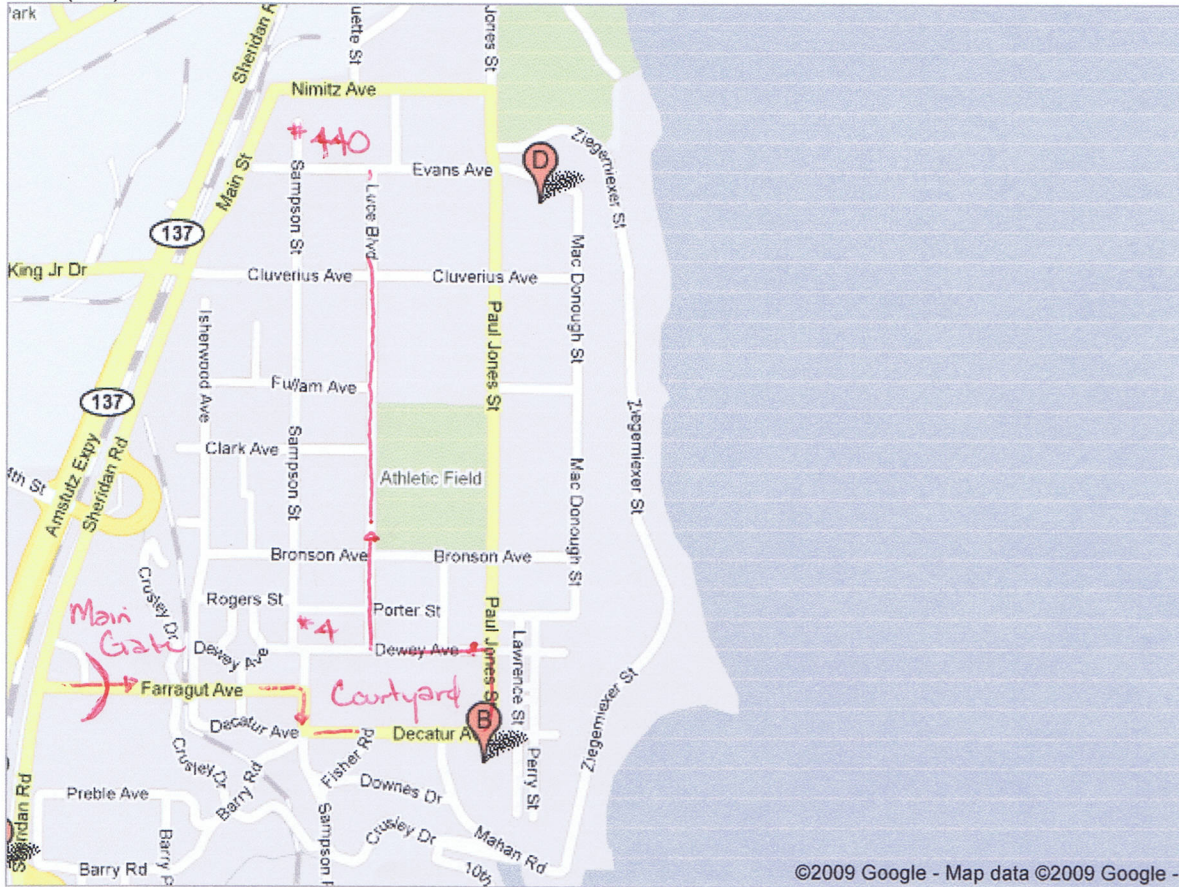
0.2 mi E

D. great lakes ns

2601 a paul jones st bldg 30 great lakes, il 60088 - 1.1 mi NE

E. great lakes naval

(847) 688-3154 - 0.8 mi SW



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Map to building #440
 ENTER MAIN GATE (FARRAGUT AVE)
 Clockwise around Courtyard (Decatur to Paul Jones to Dewey)
 RIGHT ON LUCAS BLVD TO INTERSECTION OF EVANS AVE
 BUILDING 440 WILL BE IN FRONT OF YOU.
 * FOR PARKING (TURN LEFT ON EVANS AND PARK IN LOT WEST OF 440)