

A program of Great Lakes Adaptive Sports Association **WWW.glasa.org**

PARALYMPIC

GREAT LAKES REGION

PORT

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.

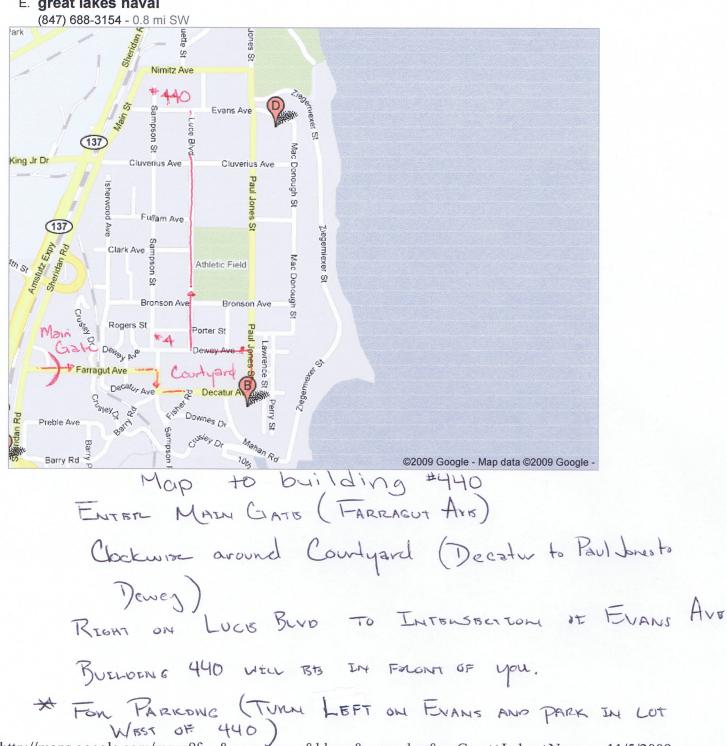
RSVP is required for security clearance onto the base. Please respond to Keri Schindler at (847) 283-0908 or kschindler@glasa.org no later than **November 29,2009**!

SEE ATTACHED MAP FOR DIRECTIONS Great Lakes Naval Training Center - Google Maps

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