Sports and Recreation Committee  
  
The purpose of the Sports and Recreation Committee of the National Federation of the Blind of NJ will be to bring together interested blind and sighted persons to participate in sports and recreational activities on a state, local, and personal level.

The goals of the committee will be to:

* Raise expectations and overcome negative assumptions regarding the participation of blind individuals in sports and recreational activities.
* Introduce the many sports and recreational activities that blind people participate in on their own and with their friends and families and the simple adaptations that enable full participation.
* Hold statewide sports and recreation events and assist chapters and divisions in planning and holding events.
* Facilitate the sharing of individual experiences with sports and recreational activities in order to provide information, inspiration, support, and practical advice to interested blind and sighted individuals.

The National Federation of the Blind knows that blindness is not the characteristic that defines you or your future.  Every day we raise the expectations of blind people because low expectations create obstacles between blind people and our dreams.  You can live the life you want; blindness is not what holds you back. Together with love, hope and determination we transform dreams into reality.