

Special Education Committee

Meeting Minutes for October 20, 2022

Chairperson – Andrea Levy

Minutes taken by – Andrea Levy

Meeting began with introductions and general comments on the topic of the night.

Activities and Sports for the Special Needs / Different Needs Community

Speakers:

- Downtown Sailing Center – Rena

Sailing is for everyone!

The Downtown Sailing Center is open to everyone to learn how to sail. They are located in Baltimore and the sailing is done in the Baltimore Harbor.

They have memberships to their sailing center as well as several outreach programs to help all in the community come out and try sailing.

They run an adaptive sailing program that is equipped with 2 Hoyer lifts, specially constructed small 1-2 person boats, and several larger boats to accommodate different adaptive needs. Participants can have any physical, emotional, or behavioral diagnoses, siblings and families are welcome. This program is available on Saturdays throughout the Spring, Summer, and Fall.

Additional Programs are planned for the next year including an adaptive racing team training and both weekend and weekday sailing opportunities.

Downtown Sailing Center also offers Summer Camps and scholarships for these camps.

Yearly event and fundraiser “Ya Gotta Regatta” featured several races including the adaptive Hansa boat race.

- MedStar Health – Liz

Medstar sponsors and runs several adaptive recreational and competitive sports teams in the MD, VA, and DC area focused on the Metro Access accessible area.

The full listing of teams and activities can be found on the website. Registration can usually be done by emailing the team manager for information.

Most of these programs are centered on persons with physical disabilities. Siblings may not be allowed to participate on a case-by-case basis.

Some sports that are currently running are tennis, sled ice hockey, boccia, and many more.

All programs are free to the participants and equipment is provided as needed.

Summer Camps are offered near the DC headquarters.

- Discussion after the formal presentations consisted of different organizations and what sports or activities they offer. The list below consists of all programs that were discussed and are still running. These are programs that exist in MD, VA, and DC metro area.

Activities and Sports for the Special Needs / Different Needs Community

Most if not all these programs offer scholarships if they are not completely free to begin with.

Blue Ridge Adaptive Snow Sports

[Blue Ridge Adaptive Snow Sports - Home \(brasski.org\)](http://brasski.org)

Downtown Sailing Center

<https://downtownsailing.org/>

Great and Small

[Home | Great and Small | Therapeutic Riding Nonprofit Maryland \(greatandsmallride.org\)](http://greatandsmallride.org)

Kids In Action

<https://childrensnational.org/hsc/hsc-pediatric-center/community-and-rec-therapy/kids-in-action>

Medstar Health Adaptive Sports and Fitness

<https://www.medstarhealth.org/services/adaptive-sports-fitness-program>

Miracle League Baseball

<https://www.miracleleaguemocomd.org/>

Montgomery County Therapeutic Recreation

[Therapeutic Rec Home - Department of Recreation - Montgomery County, Maryland](http://montgomerycountymd.gov)

[\(montgomerycountymd.gov\)](http://montgomerycountymd.gov)

Open Door Sports (ODS)

<https://www.opendoorsports.org/>

Out of the Box Stables

[Lessons and Summer Camp | Kings Valley Stables | United States \(outoftheboxstables.com\)](#)

Special Olympics Montgomery County MD

<https://somdmontgomery.org/>

Surfers Healing

[Home | Surfers Healing](#)

The Therapeutic & Recreational Riding Center, Inc.

<https://www.trcmd.org/>