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# Alpine MOUNTAINEER



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BRINGING OUR MOUNTAIN COMMUNITIES TOGETHER SINCE 1985

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CEDARPINES PARK • VALLEY OF ENCHANTMENT • CRESTLINE • TWIN PEAKS • RIMFOREST • AGUA FRIA • BLUE JAY • DEER LODGE PARK • LAKE ARROWHEAD • CEDAR GLEN • SKYFOREST • RUNNING SPRINGS • ARROWBEAR • GREEN VALLEY LAKE

## Fun afternoon for Rim Special Athletes

By RHEA-FRANCES TETLEY  
Staff Writer

About 30 members of Rim Special Athletes (RSA) had a fun afternoon at Rim Bowling & Entertainment Center in Crestline recently. RSA is an association of mountain residents with special needs who get together for individual sporting activities throughout the year. Rim of the World Special Athletes' objectives and purposes are to provide a safe and positive recreational experience for adaptive individuals.

On Saturday afternoon, Nov. 23, the special athletes – mostly local residents between the ages of 10 and adult – and their families participated in "Bowling & Pizza, Smiles & Fun." This free program enabled them to become bowlers for a day. Some of them used the special equipment that Rim Bowling offers, while others had parents and other RSA people help them bowl. All said, they had a great time and look forward to another day bowling at the lanes.

John, who was one of the bowlers, said, "I've never been bowling before, but I hit down a bunch of pins most of the time I rolled the ball. I had fun and met new friends. I want to come and do this again."

Organizer Debbie McAdam said, "Some of these kids had never bowled before, so it was wonderful that RSA and Rim Bowling gave them this opportunity today. I am glad we were able to offer them this free opportunity to find out if they liked bowling or not.... most of them decided they did. They all liked the pizza, that was for sure."

RSA President Jack Cooperman added, "It was so much fun watching the 'kids' having a great day at Rim Bowling today; we hope to be able to offer this activity again. Earlier this fall, we had 'Pizza in the Park' at SkyPark, where we all had another fun day together."

During the summer season, RSA offers lake activities at Lake Arrowhead that include swimming, kayaking, aqua biking, sunbathing, a lily pad, standup-boarding and more, all under the supervision of trained individuals who know how to respond to those with special needs. Year-round they

offer yoga lessons online and soon hope to resume the in-person lessons they had to suspend for social isolating demands during Covid. During the winter, they offer some snowshoeing, sledding and skiing lessons with adaptive equipment for those who need it. Not everyone participates in all the activities, but they get to pick and choose their areas of interest.

During the winter months, RSA also offers adaptive skiing for disabled veterans through a program offered by San Diego's Veterans Administration Health Care and Rehabilitation Program. The skiing element is a vital part of their overall program to build confidence in their new abilities, despite new physical challenges from combat injuries. Rim Special Athletes has adaptive equipment to enable almost anyone, despite the disability or amputation or those with prosthetics, to be able to get out on the slopes and ski. RSA offers mono-skis, bi-skis and trained instructors who know how to enable the



Rim Special Athletes at the Blue Jay holiday parade last year, with RSA President Jack Cooperman (right). (Photo: Rim Special Athletes)

skiers to enjoy

the slopes. Many success stories stem from this program.

RSA's next activity was walking in the Blue Jay holiday parade on Dec. 7. They walked as a group, holding their new banner and wearing their new RSA T-shirts and snow beanies.

Each year, for the past several years, RSA has also been in the Jamboree Days parade. Because that parade is much longer in distance, they get to ride in the back of a county truck and wave to the parade goers. RSA board member Rhea-Frances Tetley said, "I think all kids should be in a parade at least once in their lives, if not more often. Being in a parade is a unique experience that not many in their lifetime ever get to experience. Fortunately, up here on the mountain, everyone has that opportunity, if they take advantage of it. I like that RSA enables these folks to have that opportunity. The thrill of being in a parade is so confidence building."

The next season upcoming for RSA is their winter sports program. RSA is just waiting for it to snow enough to start organizing dates for the activities. They have already purchased new snowshoeing equipment for Rim Nordic for after it snows. Then their adaptive program for skiing for disabled vets will also get underway at Snow Valley.

Get on the RSA free membership list and learn about the upcoming activities, as participants are notified by email, at [www.rimspecialathletes.com](http://www.rimspecialathletes.com).



One of the bowlers during RSA's "Bowling & Pizza, Smiles & Fun" event at Rim Bowling. (Photos by Rhea-Frances Tetley)