The wheelchair basketball team plays at Larkins Hall. Both disabled and nondisabled people play on this team.

By Bill Titley
Lantern staff writer

Ohio State’s recreation facilities offer many programs that allow people to increase their physical fitness. The Adapted Recreation and Intramural Sport Enrichment (ARISE) is one program that allows disabled people to challenge themselves as equally as anyone else.

The program was developed in 1984 to help individuals with disabilities gain access to leisure and recreational programs.

Missi Toynor, head supervisor of ARISE, said she and her staff, "serve students, faculty and community members who have physical and sensory disabilities to set up workout programs and give them as much assistance as they need."

Toynor said the level of assistance that staff members provide depends on the needs of each individual.

"Some of the people that come in are already independent. They just need us to help set up a program, or they might just need some place to work out," she said.

ARISE offers on-going weekly aquatic and conditioning programs, informal recreation, competitive sports, individual recreational activities and outdoor pursuits.

Toynor said ARISE staff members are focusing on making changes to increase student participation. Some changes include purchasing new equipment, increasing program hours, adding more competitive sports, and shifting to more individual than group assistance.

Kim Martin, assistant director of Recreational and Intramural Sports, said disabled students on campus need to realize it isn’t a therapeutic program.

"The only difference between our program and other programs offered should be that it has a more sound educational base," she said. "We want to introduce (disabled persons) to recreation and leisure activities... see them progress and learn life-long skills."

Martin, who uses a wheelchair, said she is pushing to introduce more competitive sports into the program.

"We really want them to voice their needs to us about what they want and need out of our program so we can change it and get more student participation," she said.

Students or faculty who want to get involved with ARISE should contact Jayne Allison at the ARISE office.
- Kim Martin, coordinator of the A.R.I.S.E. program, works on the nautilus equipment in Larkins Hall.

- Sara Schutt, a junior in physical therapy, lowers John Wall into the pool via the transfer lift.
• Laura Magold, a sophomore in pre-physical therapy, spots Larry Hunter from Westerville in the weight room in Larkins Hall.

• Ty Payne, from Centerburg and an A.R.I.S.E. program participant, swims laps at the pool in Larkins Hall.

Photos by
Melissa Kenzig
Students participate in wheelchair games

By David Sturman
Lantern sports writer

Adapted Recreation Sports kicked off their fund-raising efforts for this summer's activities by presenting its first ever Adapted Recreation Sports Awareness Day Wednesday.

In the past, the event was called "Wheel-a-thon" where different units and departments would ride wheelchairs around the Oval trying to stir up awareness.

"This year we wanted to make it more fun so students coming across the Oval would participate," said Kimberly Martin, Assistant Director of Recreation and Intramural Sports.

Four different activities were arranged that helped non-disabled people to challenge themselves and get personal insight about what people with individual disabilities deal with daily. Events included Bopper Ball, where participants were blindfolded while they played softball. Additional activities included relay races, obstacle challenges and a scavenger hunt.

The idea for the event is for people to become aware of what types of challenges and barriers are on campus for students with disabilities, said Martin, who requires a wheelchair to get around.

"Look around the oval, all the buildings have steps going up them," said Martin. "Just being out here makes it hard to find a restroom I can get to."

Another major supporter which works directly with students from Ohio State is the United Parcel Service (UPS). Drivers from UPS were on hand and in uniform to participate in the obstacle challenge and play Bopper Ball. UPS provides employment opportunities for disabled students at OSU.

"It's a real educational experience to sit in the chairs," said Betty A. Frazier, Region Human Resources with UPS when speaking of all the wheelchairs and handcycles that were available for participant use. "It's a real eye opener for people who aren't used to this sort of thing."

A handcycle is a three wheeled cycle that is propelled by its user's hands instead of feet. Hand peddles rest at the riders chest area. It was just one of the many different types of cycles and chairs that were available for physical examination by participants. Handcycle's start around $2,895.

"Most people don't know what's available," said Gary Liberty, Employee Relations for UPS. "You don't think about it until you need it."

UPS is also the official sponsor of the Para-Olympic games. They're even paying for Martin's expenses to include training and travel as she plans to participate in the Para-Olympic games this year in Atlanta.

"Finding sponsorship for this kind of thing (Para-Olympics) is as likely to happen as you and me being sent to the moon tomorrow," said Jon Franks, D.C., the first wheelchair athlete to win the Iron Man competition and founder of Lightning HANDCYCLES. Franks who is from Los Angeles, won the Iron Man status in 1994.

The events largely sponsored by Pepsi and 13 other companies took place between 11 a.m. and 6 p.m. on the Oval. Hundreds of participants and volunteers helped make the event successful.

Gordon Echard, United Parcel Service, attempts to manipulate the obstacle challenge during the Adaptive Recreation Sports Awareness Day Wednesday.
Batter Up!

Renee Miller, a third year physical therapy major, makes contact with a beeping ball during a round of Beep Ball on the Oval Wednesday. 

see story on page 9.
Adapted Recreational Sports

Participants in the ARS program practice basketball in Larkins Hall. From left to right: Dwight Burk, a senior in physical therapy; Rick Haller, Tammy Bowles, a junior in math; and Shoshana Bucholtz, a senior in psychology.

Photos by Renee Sauer
Story by Tyler Day

Ty Payne, from Centerburg, reaches for the ball on a return.
Rick Swauger tossed the tennis ball in the air and whacked it awkwardly cross-court.
His opponent, Ty Payne, managed to reach the ball before it bounced a second time, sending it back across the net. To get in position for the next shot, Payne grasped the grips on his wheelchair, spinning the chair around. Like a pair of skaters cutting figure eights in the ice, they swung their chairs across the asphalt—their wheels hissing as they quickly changed directions.
Swauger’s smash landed in the far corner, and Payne could not reach it. He lowered his head down into his hand, allowing his long brown hair to hang down past his sunglasses, and cursed. He looked back to his opponent and asked, “three-two?”

Payne and Swauger are participants in Ohio State’s Adapted Recreation Sports program, which they say has been greatly improved.

Kim Martin, the program’s coordinator, understands the needs of disabled athletes. She has been in a wheelchair since a traffic accident thirteen years ago during her junior year of high school.

Martin said she is able to use her legs but is unable to stand or walk. The first two years after the accident were the most difficult for her.

“I probably wasn’t happy in life until I transferred to Wright State from Kentucky,” she said, crediting the athletics program at Wright State for helping her overcome her disability.

Since her time on the Wright State Lady Raiders Wheelchair Basketball team, Martin has played competitive wheelchair basketball, receiving gold medals in international play. She won medals in 1992 Barcelona and 1996 Atlanta Paralympic Games. The Paralympics is similar to the Olympics because it is the height of competition for elite athletes with physical disabilities. Martin came to Ohio State in October 1996 to serve as an assistant director of Recreation and Intramural Sports, where she took responsibility for the Adapted Recreational Sports program. Before her arrival, the position had been empty for two years.

The number of students participating in the program dwindled until Martin came, said Michael Dunn, director of Recreation and Intramural Sports.

“Kim is the glue that kind of pulled this program together,” Dunn said.

In the 1970s, the program was called the Project Leisure Education Program and emphasized leisure activities and socializing for physically disabled students, said Carolyn Tyliezewski, an administrative supporter in the program.

Under Martin’s direction it has changed considerably, beginning with the name. Now called Adapted Recreational Sports, the program emphasizes active sports and encompasses both recreational athletes and top athletes, Payne said.

“She understands the needs of elite athletes,” he said. “Of course, she is an elite athlete.”

Martin feels that limitations are self-imposed. "I don’t feel I’m limited in any way," she said. "I have no limitations—absolutely none."

So far she has added activities such as quod rugby, wheelchair basketball and tennis while working on the addition of an intramural program.

Scuba clinics, white-water rafting and kayaking are other events the program has offered, Tyliezewski said, and it is not exclusively for students with disabilities.

An awareness day to focus on getting students in touch with the program will be celebrated April 29 on the Oval.

For more information on volunteering or participating, contact Missi Toynor at 292-7671.
Shoshana Bucholtz cuts in front of Tammy Bowles to take a shot at the hoop.

Kim Martin switches wheels on her sports chair before facing her opponent on the tennis court.

Participants have a ready supply of tennis balls on the court.

Photos by Renee Sauer
Story by Tyler Day
Purpose
Provide the support necessary to all university and community individuals and their children with disabilities to actively participate in sport, recreation, and daily living programs.

Philosophy
Enhance independence and inclusion for individuals with disabilities in recreation and daily living programs.

Benefits
- Increase independence in recreation and leisure activity
- Develop socialization skills during recreation
- Increase levels of physical fitness, including flexibility, range of motion, muscle strength and endurance, and cardiovascular fitness

Program Fee
- $10/quarter per activity
- OSU students can participate at no charge and must present Buck ID each time
- Register for Fall, Winter, and Spring Quarters for $170/year

Who Can Register For ARS Programs?
The ARS program accepts all campus and Columbus community members with any disability.

*See registration form on following page of booklet

When Is Registration?

**Autumn Quarter 2003:**
- Monday, September 29 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)
- Wednesday, October 1 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)

**Winter Quarter 2004:**
- Monday, January 12 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)
- Wednesday, January 14 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)

**Spring Quarter 2004:**
- Monday, April 5 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)
- Wednesday, April 7 – 5:00-7:00 p.m.
  @ Larkins Hall (Main Lobby)

Coming Soon
The Ohio State University in collaboration with the Office of Student Affairs, Department of Recreational Sports, The College of Education's School of Physical Activity & Educational Services, and The Department of Athletics proudly announce the building of a brand new state-of-the-art Recreation and Physical Activity Center. The facility will cater to all students, faculty, and staff and will be fully accessible to those who need special accommodations. More information can be found on the web at www.ohiostateceesports.org.

Registration Form

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Acceptable methods of payment by mail: credit cards (Mastercard, Visa, American Express, Discover) and personal checks
Acceptable methods of payment by walk in: Buck IDs, cash, credit cards, and personal checks.
Checks should be made payable to: The Ohio State University

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*Note: If you need space for more children, feel free to photocopy and attach this form.
Release of Claims
The Ohio State University – Department of Recreational Sports
Adapted Recreational Sports Program

Because participation in the Adapted Recreational Sports program (activity) involves physical activity with risk of personal injury or damage to property, it is the policy of The Ohio State University to require participants to execute this Release Form.

1. In consideration of and as a condition of being granted the opportunity to participate in this activity, I do hereby release and forever discharge all officers, students, employees, and all faculty members, and agents of The Ohio State University who arranged, advised, or supervised any function of this activity for myself and my heirs, executors, administrators and assigns from all claims, demands, actions, and causes of action for personal injury or any other damage now existing or which may arise out of or be in any way related to their negligence or other conduct associated with this activity.

2. I do hereby also agree to acquire, prior to participation in this activity and maintain in force during the period in which I will be engaged in this activity, a policy of health and accident insurance covering hospitalization and treatment for any injuries sustained as a result of such activity. Such insurance shall be through an insurance company authorized and licensed to do business within the State of Ohio and shall provide coverage similar to that coverage obtainable by students through the University.

3. I do hereby release my permission to have photographs that I appear in to be used for promotion of the Department of Recreational Sports.

I HAVE READ AND I DO FULLY UNDERSTAND ALL OF THE ABOVE PROVISIONS.

Date: ____________________________  (Signature of Participant)

Date: ____________________________  (Signature of Parent if Enrolling Children under the age of 18)

*Tear this form out, sign, fold and send or bring it to:

Heidi Keller
Adapted Recreational Sports Coordinator
Department of Recreational Sports
106 Larkins Hall
337 West 17th Avenue
Columbus, OH 43210-1224

Special Recreational Opportunities

Weight Training Program

Weight Training Program Purpose
Provide university and community individuals with various disabilities, the opportunity to engage in physical activity within a recreational weight training program.

Weight Training Program Goals
- Improve muscle strength and endurance and increase flexibility, ROM and cardiovascular fitness
- Promote socialization and networking
- Increase awareness of the opportunities in weight training for recreation and leisure pursuits

Weight Training Program Class Size
- Unlimited
- One instructor for every three participants

Weight Training Program Class Schedule
Tuesday and Thursday:
- 5:45-7:15 p.m.
- Larkins Hall Strength Training Room
- Accessible equipment and assistance is available during this time

Adult Open Aquatics

Adult Open Aquatics Purpose
Provide an opportunity for university and community adults with disabilities to engage in recreational swimming. Adult Open Aquatics includes lap swimming, leisure swimming, or competitive training.

Adult Open Aquatics Goals
- Improve muscle strength and endurance and increase flexibility, ROM and cardiovascular fitness
- Promote socialization and networking
- Increase awareness of the opportunities in aquatics for recreation and leisure pursuits in swimming

Adult Open Aquatics Class Size
- Unlimited
- Self-swim with staff assistance as needed

Adult Open Aquatics Class Schedule
Mondays and Wednesday:
- 6:00-7:30 p.m.
- Larkins Hall 50-meter pool
- Pool lifts and assistance are available during these times

We DO NOT insist on changing clothes for participants

Children’s Adapted Aquatics

CAA Program Purpose
Provide an environment in which individuals, ages 6 months to 17 years, with disabilities can actively participate in aquatic recreation in order to enhance physical fitness, health, social skills and independence in recreational and leisure activities.

CAA Program Goals
- Increase awareness of the benefits of aquatic activity for leisure pursuits
- Increase independence in recreation and leisure activity
- Increase levels of physical fitness, including flexibility, range of motion, muscle strength and endurance, and cardiovascular fitness
- To teach and have participants learn water safety and fundamental swimming skills
**CAA Program Age Groups**
- Those that are six months to 17-years of age are divided into age-appropriate groups (groups will be determined following registration)

**Please note that there is a limit of 8 children per group at any given time.**
**As a safety precaution, severe disability requires a primary caregiver to be in the water with the child.**

**CAA Program Class Schedule**
- Classes held in Larkins Hall Therapy Pool
- Friday evenings for 1 hour/per age group (times of classes will be determined following registration)

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**Open Tennis Program**

**Open Tennis Purpose**
Provide university and community individuals with various disabilities, the opportunity to engage in physical activity within a recreational tennis program

**Tennis Program Goals**
- Promote socialization and networking
- Increase awareness of the opportunities in tennis for recreation and leisure pursuits

**Open Tennis Class Size**
- Unlimited

**Open Tennis Program Class Schedule**
- Wednesday
  - 6:00-8:00 p.m.
  - Jesse Owens Recreation Center – West Tennis Center

**MS Water Exercise Program**

**Multiple Sclerosis Water Exercise Program Purpose**
Provide an environment in which university and community individuals with Multiple Sclerosis can actively participate in aquatic recreation in order to enhance physical fitness.

This program provides monitored, certified instruction in an exercise activity in water for persons with Multiple Sclerosis. Aquatics is often recommended because it eliminates the effects of gravity. The weightlessness that occurs in water helps a person with weakened limbs attain a greater range of motion. In addition, chest-high water can provide support, enabling many persons with MS to stand and maintain balance for exercises with less effort than on land.

**MS Water Exercise Program Goals**
- Enhance one’s present level of functioning in a recreational setting
- Restore or maintain the strength and range of motion in certain muscle groups
- Increase body awareness and improve body image
- Develop socialization skills and build a supportive network
- Increase awareness of the opportunities in aquatics for recreational and leisure pursuits

**Arthritis Water Exercise Program**

**Arthritis Water Exercise Program Purpose**
Provide an environment in which university and community individuals with arthritis can actively participate in aquatic recreation in order to enhance physical fitness.

**Arthritis Water Exercise Program Goals**
- Enhance one’s present level of functioning in a recreational setting
- Restore or maintain the strength and range of motion in certain muscle groups
- Increase body awareness and improve body image
- Develop socialization skills and build a supportive network
- Increase awareness of the opportunities in aquatics for recreational and leisure pursuits

**Arthritis Water Exercise Program Class Size**
- 20 people
- 1:10 ratio of instructor to participant
- Two instructors present

**Arthritis Water Exercise Program Class Schedule**
- Monday and Wednesday evenings
  - 6:30-7:15 p.m.
  - Larkins Hall 90-degree therapy pool
  - All instructors are certified in Arthritis Water Exercise

**Location**
The Ohio State University
106 Larkins Hall
337 West 17th Avenue
Columbus, Ohio 43210

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**Parking Accommodations**
Transportation and Parking will be at ARS registration each day. The cost is prorated over the course of the year. Participants are able to obtain a WC pass and can park on central campus after 4:00 pm. Ohio disability parking is available.

**Contact Information**
Adapted Recreational Sports welcomes the feedback of our patrons. If you have any questions, comments, or concerns please feel free to contact us.

Heidi Keller
Adapted Recreational Sports Coordinator
Department of Recreational Sports
106 Larkins Hall
337 West 17th Avenue
Columbus, OH 43210-1224

Phone: 614-688-3693
Fax: 614-292-4105
E-mail: keller.185@osu.edu
Website: www.ohiostatesports.org