



45

**Years
of Service**

Over 4,325

**adaptive athletes & clients
have benefitted from TA**

**Impacting the lives
of more than**

13,495 family members

**100% of our adaptive
athletes/clients have
demonstrated improvements
in functional independence**

**7,250 instructional/
guiding sessions more than
19,500 lessons**

**4,200+ volunteers
have contributed**

77,974 service hours

**100% of our adaptive
athletes/clients have
reported improvements in
quality of life**

**Our TA staff has experience providing
adaptive guide services, instruction, and coaching
for the following
adaptive sports and adaptive outdoor adventures:**

alpine [downhill] skiing | archery | backpacking | camping | canoeing | curling | cycling/hand cycling | fitness and conditioning | fly fishing [fresh water/salt water] | nordic [x-c] skiing | wheelchair racquetball | rock climbing | rowing | sailing | sea kayaking | skeet shooting | sled hockey | snowboarding | snowshoeing | stand-up paddle board (SUP) | surfing | swimming | track and field | target shooting [pistol, rifle] | trap shooting | waterskiing | whitewater kayaking | wheelchair basketball | wheelchair tennis | yoga

**www.TAonline.org
[@WeAdapt4U](https://www.instagram.com/weadapt4u)**