

## Welcome

SEWASP (pronounced "see-wasp") provides adaptive alpine skiing and snowboard lessons for people with disabilities in southeastern Wisconsin and surrounding areas. "Adaptive" refers to the modified equipment and teaching techniques used to enable skiers and snowboarders to participate safely and as independently as possible. Instruction is generally provided at Alpine Valley Ski Resort near East Troy, Wisconsin (southwest of Milwaukee on I-43), on Thursday evenings from January through mid-March.

SEWASP provides lessons for participants with all types of disabilities including:

- motor and physical (spinal cord injury, cerebral palsy, multiple sclerosis (MS), spina bifida, etc.)
  - cognitive (brain injury, mental retardation, etc.)
  - sensory (blindness and other visual impairments, deafness and other hearing impairments, etc.)
- The program provides adaptive ski equipment and equipment fitting. Equipment provided includes bi-skis and mono-skis for participants who may sit down when they ski. Some skiers have their own equipment. SEWASP is a community effort of Our Participants, Dedicated Volunteers, and Generous Sponsors. SEWASP is a chapter of Disabled Sports USA and member of Community Health Charities of Wisconsin .