



Introduction to Adaptive Snow Skiing

Wednesday November 28, 2018

6:30-8:30 PM

HERL Laboratory at Bakery Square

6425 Penn Ave.

Pittsburgh, PA 15206

Three Rivers Adaptive Sports (TRAS) will be conducting an “Introduction to Adaptive Snow Skiing” education program in preparation for TRAS’ 2018-2019 Adaptive Ski Program. This education session is **FREE** and open to new and experienced volunteers, healthcare professionals, Students, Adaptive Skiers, their families, friends and anyone interested in learning about adaptive skiing and TRAS’ Adaptive Ski Program. Please join TRAS as we prepare for our 29th year of providing an adaptive snow ski program for people in southwestern Pennsylvania.

Information presented will include review of:

- TRAS introduction
- TRAS’ Adaptive Ski Program
- Adaptive snow ski equipment
- Determining skiers’ adaptive equipment needs
- Adaptive snow ski techniques
- Disabilities encountered in the TRAS Ski Program
- Skier Assessment
- Volunteer duties and responsibilities
- Professional Ski Instructors of America Adaptive Instructor Certification

If you are interested in attending this informative education program, **please register in advance** by contacting Mark Kulzer by phone (412-848-8896) or email (mark4tras@comcast.net).

PARKING- 3 hours **FREE** parking at the Bakery Square Parking Garage

HERL Laboratory- Go to the 4th of the Parking Garage and take the walkway to the Main Building

PIZZA! Will be provided courtesy of the SHRS Student Advisory Board!

“If I can do this, I can do anything”

Three Rivers Adaptive Sports P.O. Box 38235 Pittsburgh, PA 15238 (412) 848-8896

www.traspa.org