



Adaptive Sports and Recreation

Our History

- HOPE, Inc. founded in 1992
- Initially HOPE, Inc. was a one-week summer camp that provided an opportunity to try adaptive equipment
- In 2006 Bill & Adair Grommesh took over the operations of HOPE, Inc. and had a much BIGGER vision – developing a year round adaptive team sports and recreation program.
 - *The 1st activity held was wheelchair soccer, with just 5 families attending*
- HOPE, Inc. now offers over 25 different adapted activities and serves nearly 250 families from all over Northwest MN and Eastern ND
 - *Satellite program in Grand Forks, ND*

Our Mission

To provide family-friendly sporting and recreational opportunities critical to the health and development of children and adults living with mobility challenges.

Who we serve

- We serve children and adults living with mobility challenges
 - *As early as age 2, to well over 60*
- We are family-centered and encourage siblings, parents, extended family, and friends to participate
- All participate in adaptive sports equipment
- Do NOT need to use a wheelchair, walker or crutches to participate
- Gross motor challenges in the lower extremities to qualify
- Examples of Physical Disabilities we serve:
 - *Cerebral Palsy*
 - *Amputee*
 - *Spina Bifida*
 - *Spinal Cord Injury*
 - *Muscular Dystrophy*
 - *Brittle Bone Disease*
 - *Stroke*



Who we serve...

Alex

Who we
serve...

Jeff



Who we serve...

Luke



Who we
serve...

Kaleigh





Who we
serve...

Tom

Our Goals

- Teach teamwork, sportsmanship, learning to win and lose, and communication skills
- Improve physical fitness, self-esteem, self-confidence, and social skills
- Reduce depression, anxiety, and isolation
- Fun, interactive, and safe environment

What does HOPE, Inc. offer?

- **We offer over 25 different adaptive team sport and recreation activities:**
 - *Sled Hockey*
 - *Adaptive Downhill Skiing*
 - *Wheelchair Baseball & Softball*
 - *Adaptive Curling*
 - *Wheelchair Soccer*
 - *Wheelchair Basketball*
 - *Wheelchair Tennis*
 - *Adaptive Dance*
 - *Annual Fashion Show*
 - *Adaptive Bowling*
 - *Adaptive Theatre*
 - *Adaptive Track Meets*
 - *Fishing*
 - *Adaptive Swimming Lessons*
 - *Adaptive Archery*
 - *Women's Group*
 - *Art Club*
 - *and more!*
- **Activities are offered at a competitive & recreation level**
- **Equipment rental program**
 - *Beach Wheelchairs, All-terrain wheelchairs, Adaptive Bikes, etc.*

Statistics

- 64% of our participants are youth - *under the age of 18*
- 36% of our participants are adults - *over the age of 18*
- 30% have a household income of \$62,000 or less
(At - *poverty income levels*)
- 10% have a household income less than \$33,000
(Below - *poverty income levels*)
- 67.3% Male Participants & 32.7% Female Participants
- 25% travel OVER 50 miles ONE way to attend activities.

What makes HOPE, Inc. great?

- We inspire participants to try new activities in a family-friendly, interactive, and positive atmosphere
- We have additional pieces of adaptive equipment, allowing the whole family to participate in our adaptive sports
 - *Often the first opportunity to all play as a family*
 - *Embodies inclusion*
- **No cost!**
- We provide a network of support for the child, parents, and siblings – the entire family

What makes HOPE, Inc. great?

- We **improve**: social skills, communication, self-esteem, self-confidence, self-advocacy, teamwork, and physical fitness
- We **decrease**: anxiety, depression, behavior challenges, and feelings of isolation

Funding

- **Registered 501(c)(3) non-profit organization**
- **100% funded through:**
 - Individual & Business Donations
 - Grant funding
 - Fundraising Events
 - *Hockey of HOPE*
 - *Swinging for HOPE*
 - *Homeruns for HOPE*
 - Giving Hearts Day

Executive Director:

Bill Grommesh

Office & Program Manager:

Kelly Buhr

Board of Directors:

Craig Dummer - President

Jason Zilka - Vice President

Jason Steiner - Secretary

Teresa Warne - Treasurer

Lisa Dow

Justin Swanson

Gannon Gilbraith

