



Second Annual Fit-IN Conference

ACTIVATING COMMUNITIES: Grassroots Inclusive Fitness in Central New York



9-4 on FRIDAY, OCTOBER 10, 2014

WCNY Building - 415 West Fayette Street - Syracuse NY

This year's conference is sponsored by Syracuse University's Lerner Center for Public Health Promotion, SUNY Upstate Department of Physical Medicine and Rehabilitation, and the Golisano Children's Hospital/Upstate Foundation.

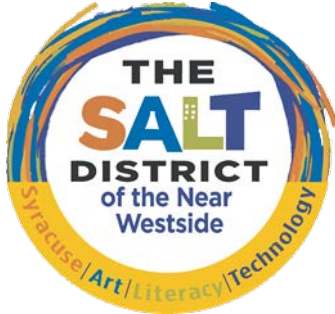
Find out more:

FitnessInclusionNetwork.org

SaltDistrict.com

**ACTIVATING COMMUNITIES:
Grassroots Inclusive Fitness in Central New York**

9:00 Welcome!



Community leaders welcome you to the Salt District.

Nienke Dosa MD, MPH , Tim Davis PhD and Fit-IN project coordinator Peyton Sefick will give an overview of the SALT district using the Community Health Inclusion Index (<http://chp.ahslabs.uic.edu>)

**9:30-10:45
Keynote Address**



**Making Inclusive Change Locally and Globally:
Coalition Building and the Art of Activism**

Catherine MacDonald PhD will introduce our keynote speakers.

Eli Wolff

Institute for Human Centered Design and Brown University
<http://www.humancentereddesign.org/about-us/people/eli-wolff>

Eli Wolff directs the Inclusive Sports Initiative at the Institute for Human Centered Design in Boston and also directs the Sport and Development Project at Brown University. From 2003 to 2006, Eli led a global effort to include provisions addressing sport and recreation within the United Nations Convention on the Rights of Persons with Disabilities. Eli helped to establish the ESPY Award for Best Male and Female Athlete with a Disability, and he organized the national disability sport organizations to support professional golfer Casey Martin in his successful case against the PGA before the U.S. Supreme Court. Eli was a member of the United States Paralympic Soccer Team in the 1996 and 2004 Paralympic Games. Eli is a graduate of Brown University and is currently pursuing his PhD through the German Sport University of Cologne.



Dr. Ted Fay is a Professor and former Chair of the Sport Management Department at the State University of New York (SUNY) at Cortland. He holds a Ph.D. from the University of Massachusetts at Amherst, a M.P.A. in Public Affairs from the University of Oregon, a B.A. in Government from St. Lawrence University (NY). In addition to being a Senior Fellow at the Institute for Human Centered Design (IHCD) for the Inclusive Sports Initiative, Dr. Fay is also Vice President of the Board of Directors of Adapted Sports New England and a member of the Advisory Council for the Sport and Development Project at Brown University. Fay also serves as a special consultant to the NCAA Office on Equity and Inclusion and the East Coast Athletic Conference (ECAC) on matters of inclusion of student-athletes with disabilities into intercollegiate sport. A former Paralympic athlete/guide (1980), Paralympic coach (1984 – 1991) and Olympic (1988) coach and international and Paralympic cross country ski official (1988 – 2010), Dr. Fay has an extensive background in international sport including being active in both the Olympic and Paralympic movements.

**Refreshments
10:45-11:00**

11:00-12:30
Community Snapshots



Local athletes and adapted sport organizations and inclusive fitness groups will provide brief summaries of their programs. This will be followed by an interactive discussion about grassroots advocacy for inclusion. This session will be moderated by *John Foley PhD* and *Kimberlee Garver LCSW*.

- Access CNY TRAIID Program
- Adaptive Fishing Program, Baldwinsville
- Adaptive Sport, New England
- Arise and Ski
- Arise at the Farm
- Bomba y Plena Dance Troupe
- Camp Abilities
- Challenger Baseball
- Challenger Football
- Field of Dreams
- Developmental Evaluation Center
- Inclusion U, SUNY Cortland
- J-Rob Foundation
- Liberty Post
- Monday Mile
- Movement on Main
- Parks and Recreation Department, City of Syracuse
- Sitrin Center, New Hartford
- Special Olympics
- Team Two Smiles
- Unified Wheelchair Basketball
- YMCA
- Bob Balk
- Chloe Crawford
- Mitchell Dryer

12:30-2:00
Networking lunch and Equipment Fair



Bring a bag lunch and relax in the WCNY courtyard or enjoy good food and good company in the Armory Square restaurant district! We will block off a side street and the WCNY courtyard so that you can try out adapted cycles, kayaks, power soccer chairs, segways, and much more! In case of rain the Equipment Fair will move indoors to the WCNY's Education Center on the third floor. Many thanks to JRob Foundation, Move Along, Camp Abilities, Bob Balk, Sitrin Center, the TRAIID Program, Arise and Ski, and Al Smith from CNY Medical for sharing their equipment. The equipment fair was organized by *Anne Marie Abt, PT* and *Physical Therapy students from SUNY Upstate Medical University*.

2:00-3:30

THREE CONCURRENT BREAK-OUT SESSIONS (Choose one)

Adapted Dance in CNY



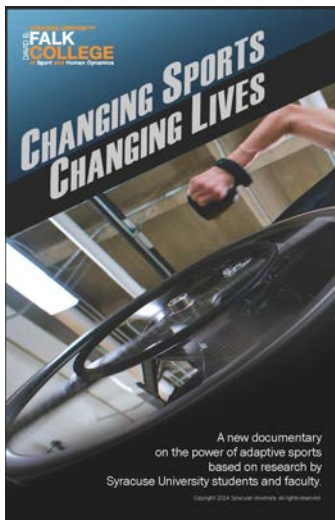
- | (a) | (b) | (c) |
|--|-----|-----|
| <p>(a) Meet dance instructors Lisa Neville OTR, <i>Ballet For All</i> program at Jowonio Preschool and Jennifer Gentile, <i>Celebrations Dance and Gigi's Playhouse</i>. They will give practical advice and share their vision for inclusive dance in Central New York.</p> | | |

Community Equipment Solutions



(b) Work with parent advocates, vendors, therapists, medical professionals, coaches and community leaders to identify ways to improve access to mobility and adapted sports equipment here in Central New York. **Theresa Crytzer DPT** from the **Center for Assistive Technology at the University of Pittsburgh Medical Center** will join us to discuss successful quality improvement initiatives in that community.

Film Screening & Panel Discussion



(c) **Changing Sports, Changing Lives** is a documentary about the history of adapted sports that was created by ESPN producer and Syracuse University faculty member **Dennis Deninger**. This documentary features national leaders as well as local athletes. It also includes interviews with Nottingham High School students and Syracuse City School District staff who participated in a unified wheelchair basketball event last Spring. Screening of **Changing Sports, Changing Lives** will be followed by a panel discussion with: **Hermin Garic, Lauren Lieberman PhD, and Greg Callen**.

Dennis Deninger is an Emmy-award winning television production executive and innovative educator who has produced live sports television from six continents and across the USA. He is a professor of practice at Syracuse University where he was named Falk College Faculty Member of the Year for Excellence in Teaching in 2014. He was the founding director of the sports communications graduate program at the Newhouse School of Public Communications and has created several new graduate and undergraduate level courses at Syracuse, his alma mater. Dennis Deninger is the author of *Sports on Television: The How and Why Behind What You See*, published by Routledge Taylor and Francis of New York and London. He spent twenty-five years at ESPN leading production teams for studio programming, live remote events and digital video platforms. Dennis Deninger has won Emmy Awards for innovation in sports television, production on digital platforms, and educational television. He developed for American television the digital instant review technology called “Shot Spot” which is now in use at virtually all major tennis tournaments. He launched ESPN’s coverage of Wimbledon and the French Open. He was the executive in charge of production for *World Cup 1994*, a dozen Australian Opens, *Friday Night Fights*, Triple Crown horse racing, PBA bowling and a multitude of other live events. Deninger joined ESPN in October 1982 as the first Coordinating Producer for *SportsCenter* and held that position until 1986. That was the year he created the *Scholastic Sports America* series, which continued for fifteen years on ESPN. During the course of his career at ESPN, Dennis Deninger launched more than a dozen new televised series and events including the *National Spelling Bee* and *Major League Soccer*. He also created the most successful daily sports video series in the history of the internet, *SportsCenter Right Now*, which was originally entitled the *SportsCenter Minute*. Dennis Deninger has written and directed two documentaries working with his students at Syracuse University as researchers. In 2013, *America’s First Sport* premiered, and it has now

been seen across the US on the ESPNU network. The film explores the history, culture and rapid expansion of lacrosse in the US and around the world. In 2014, *Changing Sports, Changing Lives* was released. The film focuses on the sports that have been adapted for persons with disabilities, and how it has impacted their lives.



Hermin Garic, age 24, is an athlete in the sport of wheelchair racing. In 1994, while living in Bosnia, he sustained a war related injury that left him with a severed spinal cord. In the years to follow, the Bosnian doctors did all they could for the spinal repairs and rehabilitation. In 2000 the family moved to the United States in search of additional medical treatment. They settled in Utica where Hermin underwent extensive rehab programs at SUNY Upstate and at the Sitrin Center, which helped him to gain the independence he now has. Hermin holds an Associate's Degree in Human Services. He is a fulltime athlete in the sport of wheelchair racing. He has been competing for over 10 years. He recently began competing at a national level. Last year, he finished his first marathon (New York City Marathon). Earlier this year, he won the push-rim division in the Miami Marathon. He plans to add more races/competitions and hopes to one day compete in the Paralympics.



Lauren Lieberman is a 1996 graduate of Oregon State in the Movement Studies in Disabilities Program. She earned her masters degree from The University of Wisconsin at LaCrosse in Adapted Physical Education in 1988. Lauren is currently a Distinguished Service Professor at The College at Brockport in the area of Adapted Physical Education. Prior to graduate school she taught at the Perkins School for the Blind in the Deafblind program for 5 years. She also founded and currently runs Camp Abilities: A developmental sports camp for children with visual impairments each summer in Brockport, NY. She has helped start 16 Camp Abilities programs in the US and 6 in other countries. Her areas of research include inclusion strategies and physical activity for youth with sensory impairments. She has published 13 books and over 90 articles in refereed journals, and presented over 125 presentations 26 in other countries. She is currently on the board of United States Association for Blind Athletes, US Games, and the journal *Palaestra*. She is past chair of the Adapted Physical Activity Council. She recently won Professional of the Year from The Adapted Physical Activity Council, The Hollis Fait Research Award from the National Consortium for Adapted Physical Education, and an *Access Award* from The American Foundation of the Blind for starting Camp Abilities. She currently teaches a course on "Physical Activity for Individuals with Sensory Impairments" in the European Masters Degree Program out of Leuven, Belgium. Most recently she along with Dr. Pamela Haibach started The Institute of Movement Studies for Individuals with Visual Impairments at Brockport. She is a consultant with The American Printing House for the Blind, and she will be the director of the World Series of Beep Baseball in Rochester, NY this July 2015.



Greg Callen is the founder of Move Along Inc. a non-profit organization that promotes wheelchair athletics and competitive programs for persons with disabilities and their families in Central New York. In 2005 a fall from a 13-foot balcony left Greg Callen with paralysis of the lower half of his body. While the next year brought periods of depression and soul searching, Greg eventually began working on living independently. The journey began at the Albany Medical Center, where he took a path through Kessler Rehabilitation Center for Spinal Cord injury and Detroit Medical Center for Spinal

Cord Injury Recovery, as well as extended physical therapy at Upstate Medical Center. He began driving and worked as a sales representative. Soon after, he had another life-changing experience when he hesitantly accepted a friend's suggestion to checkout Syracuse Fliers Wheelchair Sports. "When I first visited Syracuse Fliers Wheelchair Sports my initial thought was that I'm not going to do sports that way. However a year later I made the decision to get active again and thought I would give it a try. To my surprise I enjoyed it, realized the benefits of it, and decided to make it a business. " Greg joined resources with Syracuse Fliers Wheelchair Sports and in 2006 launched Move Along, Inc. Move Along currently offers recreational and competitive programs throughout Central New York, including sled hockey, adult and youth wheelchair basketball, swimming, kayaking/rowing, and adapted cycling.

3:30-4:00
Action Plan

Luis Columna PhD will moderate our wrap up session. We will end the conference with an action plan for the coming year!

.....6:00-8:00
Bomba and Plena festival at La Casita!



We hope you will stick around after the conference to enjoy the Bomba and Plena Festival at La Casita Cultural Center! LaCasita is located within walking distance to our conference, at 109 Otisco Street. Enjoy good food, great music by Grupo Pagan, and SU's Raices dance troupes!

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Fit-In Planning Committee

Anne Marie Abt DPT, SUNY Upstate Department of Physical Therapy
Luis Columna PhD, Syracuse University School of Education
Tim Davis PhD, SUNY Cortland Department of Physical Education
Nienke P. Dosa MD, MPH, Golisano Children's Hospital/SUNY Upstate Medical University
John Foley PhD, SUNY Cortland Department of Physical Education
Kimberlee Garver LMSW, Golisano Children's Hospital/SUNY Upstate Medical University
Cathy MacDonald PhD, SUNY Cortland Department of Physical Education
Lisa Neville OTR, Jowonio Preschool
Peyton Seffick BA, Burton Blatt Institute, Syracuse University
Barb Tresness, Burton Blatt Institute, Syracuse University

Conference Sponsors:

Lerner Center for Public Health Promotion, Syracuse University
Department of Physical Medicine and Rehabilitation, SUNY Upstate Medical University.
Upstate Foundation, Golisano Children's Hospital/SUNY Upstate Medical University

Special Thanks:

Tom Dennison, Rebecca Bostwick and Leah Moser from Syracuse University's Lerner Center for Public Health Promotion and Maarten Jacobs from the Near West Side Initiative. Thanks also to Ashley Rivera and Mr. Evans' and Ms. MacDougall's students at Fowler High School; and Ms. Debie's and Mr. Jones' students at Nottingham High School. Thank you to Eddie Zarembo at Syracuse University's Taischoff Center for Inclusive Higher Education and Luis Columna's adapted physical education students at Syracuse University's School of Education. Thank you to Paul Nojaim and Dan Queri at Nojaim's Grocery Store; Teresita Paniagua at LaCasita Cultural Center; Chris Abbott and Glenn Lewis from Syracuse's Department of Parks and Recreation; Yochai Eisenberg, University of Illinois; Margaret Turk MD, Department of Physical Medicine and Rehabilitation, SUNY Upstate Medical University; Tom Welch MD, Golisano Children's Hospital; Terry Shenfeld, Upstate Foundation, and Peter Blank, Burton Blatt Institute at Syracuse University. Thank you to Regina McConnell and all of the dedicated professionals at the Center for Development, Behavior and Genetics at Golisano Children's Hospital/SUNY Upstate Medical University. Lastly a sincere thank you to Emily Garrison and the WCNY team for helping us to plan this community event.



Find out more:

FitnessInclusionNetwork.org
SaltDistrict.com

Directions and Accessible Parking Info



DIRECTIONS TO WCNY

415 W. Fayette St. Syracuse, New York 13204
(315) 453-2424

***construction – Fayette St. and West St. closed for construction**

From the north

- Interstate 81 SOUTH, Exit 20 at Franklin /West
- Yield off ramp, stay RIGHT on ramp.
- At Light, follow West St. ramp to the RIGHT
- Take RIGHT at Light at W Fayette St.
- Take LEFT at Wyoming St.
- Immediate LEFT into WCNY parking lot

During construction use these directions:

- Interstate 81 SOUTH, Exit 20 at Franklin /West
- Follow Franklin St. south to Walton St.
- Turn RIGHT on Walton St. and follow around curve to W Fayette St.
- Take LEFT onto W Fayette St.
- Take LEFT at Wyoming St. Street
- Immediate LEFT into WCNY parking lot

From the west

(No change for construction 2014)

- Interstate 690 EAST to Exit 11 at West St. and follow ramp to the RIGHT
- Take RIGHT at light at W Fayette St.
- Take LEFT at Wyoming St.
- Take immediate LEFT into WCNY parking lot

From the east

- Interstate 690 EAST to Exit 12 at West St.
- At light – follow West Street ramp to the RIGHT
- Take RIGHT at light at West Fayette Street
- Take LEFT at Wyoming Street
- Take immediate LEFT into WCNY parking lot

During construction use these directions:

- Interstate 690 WEST to Exit 10 at Geddes St.
- Turn LEFT at light, then take immediate left back onto 690 eastbound
- Take Exit 11 West St. and follow ramp to the RIGHT
- Take RIGHT at light at W Fayette St.
- Take LEFT at Wyoming St.
- Take immediate LEFT into WCNY parking lot

From the south

- Interstate 81 North, Exit 18 Adams and Harrison
- Take LEFT onto Harrison St.
- Take RIGHT on South Salina St.
- Take LEFT onto W Fayette St.
- Take LEFT on Wyoming St.
- Take immediate LEFT into WCNY parking lot

During construction use these directions:

- Interstate 81 North, Exit 18 Adams and Harrison
- Take LEFT onto Harrison St.
- Take RIGHT on S Salina St.
- Take LEFT onto W Fayette St.
- Take LEFT on Franklin St. *(Fayette St. closed ahead for construction)*
- Turn RIGHT on Walton St. and follow around curve to W Fayette St.
- Take LEFT onto W Fayette St.
- Take LEFT on Wyoming St.
- Take immediate LEFT into WCNY parking lot

