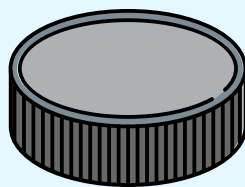


Charleston WV Sled Hockey USA Hockey



Main Goal

Provide the opportunity to play hockey for the physically disabled community of Central West Virginia.



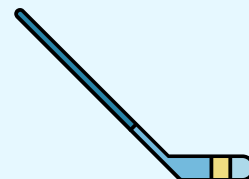
15

Kids have participated in the program



15

Volunteers involved in the program



3-4

Physical therapists volunteer for the program

They are the only sled hockey team in West Virginia. They help their players stay healthy and fit through this weekly recreation. They also help their players meet their exercise goals off the ice.



System Changes

The team recruited physical therapy students and physical therapists as volunteers. They've created off-ice sled hockey exercises that the players can do at home and in the off-season.



ActiveWV 2030
Physical Activity
Plan Sector:

Sport



Health For All



They provide on ice recreation and socialization for a group for whom those things can be difficult to find.

The Charleston WV Sled Hockey team allows the disabled community to access this physical activity outlet that may have been previously inaccessible.

The Bottom Line

The Charleston WV Sled Hockey team opened up access to Sled Hockey to many people in Central WV who previously wouldn't have been able to play due to access barriers. Not only does this increase physical activity among the disabled community in the area, but it also provides a social outlet. Additionally, the team physical therapists help properly train the players to meet their goals on and off the ice.

