**Current Para Athletics USATF Context   
Oregon and Washington**

*Resource list compiled by David Greig of ParaSport Spokane. Thank you!*

**Current, Ongoing Programs and Clubs**  
ParaSport Spokane - (<https://www.parasportspokane.org/>)   
 -full program, all events and disciplines, clinics, and meet hosting (Pine Cone Classic)   
Seattle Adaptive Sports -Nick Weiss (<https://www.seattleadaptivesports.org/>)   
 -does no Para Track and Field  
Bridge City Inclusive -Sarah Sowers (<https://www.bridgecityinclusive.com/>)   
 -may be starting a program  
Adaptive Sports Northwest -Jen Armbruster (<https://adaptivesportsnw.org/>)   
 -growing wheelchair racing group and a few ambulatory athletes  
Northwest Association of Blind Athletes (NWABA) -(<https://nwaba.org/>)   
 -does not field a team, but conducts a variety of camps/clinics in the region  
Rainier Adaptive Sports - (<https://www.rainieradaptivesports.org/>)   
 Tacoma based -dabbles in Para Track and Field and road racing

**Level of Involvement of Current Coaches**

**Washington**  
**National / International**  
Teresa Skinner -USOPC -ParaSport Spokane-5x Paralympic Games  
David Greig -ParaSport Spokane -6x Paralympic Games  
Yunus Butt -ParaSport Spokane -was lead S&C Coach at the University of Illinois -Move United World Games Staf  
Michael Stralser -ParaSport Spokane  
  
**State / High School Coaches who are aware and have coached an athlete**  
 Forrest Vig -Mount Tahoma  
 Andrew Fuller -Mount Tahoma  
 Chris Bartheld -West Valley -Yakima  
 Noie Guerrero -Wapato HS  
  
**Oregon**  
**National / International**   
Kevin Hanson - World Wheelchair Sport  
Troy Davis -Adaptive Sports Northwest -Paralympian  
Akeel Whitehead - Now at Nike -Paralympian, was founder of San Diego State University Adapted Athletics Program

**Meet Directors familiar working with Para Athletes**  
 Chris Kunzelman -Kent School District ([Chris.Kunzelman@kent.k12.wa.us](mailto:Chris.Kunzelman@kent.k12.wa.us))  
 Toby Schwartz -Whitworth University, Spokane ([tschwarz@whitworth.edu](mailto:tschwarz@whitworth.edu))   
 Anna Alsept – Podium Spokane ([annah@spokanesports.org](mailto:annah@spokanesports.org))   
 Stephanie Bohannon -UW ([stephbo@**uw**.edu](mailto:stephbo@uw.edu))   
 Michael Reilly -Prefontaine / Track Town ([michael.reilly@gotracktownusa.com](mailto:michael.reilly@gotracktownusa.com))   
 Tammy Bowers -Club Northwest -Shoreline ([tammy@clubnorthwest.org](mailto:tammy@clubnorthwest.org))   
 Larry Beatty -Big Foot Meets -Spokane Community College ([Larry.Beatty@scc.spokane.edu](mailto:Larry.Beatty@scc.spokane.edu))   
  
Potential!   
Puget Sound looking to add Para athletes to some of their meets this year Lisa Kushiyama ([lkushiyama@pugetsound.edu](mailto:lkushiyama@pugetsound.edu)) Meet Dates: 3/1, 3/29, 4/13   
Jon Hill -Central Washington -Yet to host, is curious to help at CW ([Jonathan.Hill@cwu.edu](mailto:Jonathan.Hill@cwu.edu))   
Matt Lydum -Retired Pacific University -has helped integrate athletes into meets

**Officials**

[Go here](https://docs.google.com/spreadsheets/d/1s5rix755GYWyYvwu8dm0G7sfmfiEr0wpx1UQb3zdX-c/edit?gid=571677869#gid=571677869) for a partial list of para officials in Oregon and Washington.

Adapted Track and Field USA Officials Page (<https://www.atfusa.org/OFFICIALS/Officials.htm>)   
Para certification and training look-up (<https://www.atfusa.org/OFFICIALS/Find%20an%20Official.htm>[)](https://www.atfusa.org/OFFICIALS/Officials.htm)2025-2028 Para Officials Certification -Level 1 (<https://rise.articulate.com/share/H0I7CyX71O0zhzsAgsOFLwr6jZLRDr7S#/>)   
  
A Move United officials Course was hosted in Spring 2023 in Spokane with Linda Lanker and Phil Gali of Adaptive Track and Field USA, however, no new officials took the Para Certification as a result.  
List of WA/OR area certified officials in spreadsheet in the drive.

Officials Utilized at ParaSport Spokane Pine Cone Classic also in Spreadsheet (<https://www.parasportspokane.org/pineconeclassic.html>)   
  
 **PT / Chiro who have worked at a high level with Track and Field Paralympians in Washington**  
 Asdrubal Lopez -Summit Chiropractic -Spokane -traveled with USATF  
 Zach Collins -HIDEF Physical Therapy-Seattle -Traveled with Move United  
 Sonja Barerra -PT -ParaSport Spokane -Traveled with Move United

**Rules**  
 World Para Athletics  
<https://www.paralympic.org/athletics/rules>

Implements weights -broken down by classification  
 Appendix 1 -Page 263-267  
<https://www.paralympic.org/sites/default/files/2024-03/World%20Para%20Athletics%20Rules%20and%20Regulations_March%202024_0.pdf>   
  
**Classification**  
World Para Athletics Classification Documents  
<https://www.paralympic.org/athletics/classification>

**US Para Track and Field Classification Page**  
<https://www.usparatf.org/classification>   
  
**Lexi System: great visual tool showing representation of classification**  
<https://lexi.global/sports/athletics>

**Coaching Resources**

[Go here](https://docs.google.com/spreadsheets/d/1s5rix755GYWyYvwu8dm0G7sfmfiEr0wpx1UQb3zdX-c/edit?gid=2043170761#gid=2043170761) for a list of experienced para coaches.

US Para Track and Field Coaching Resource Page (lots of links to look through)   
<https://www.usparatf.org/coaches-education>   
  
Adaptive Track and Field USA Coaching Resource Page (a number of pointers including seated throws chair design measurements and tips)  
<https://www.atfusa.org/information_links/information_links.htm>   
  
Challenged Athletes Foundation Coaching Basics Videos  
<https://www.challengedathletes.org/track-field-videos/>   
  
Canadian -No Accidental Champions Resource (Long-Term Development for Athletes with a Disability)  
<https://sportforlife.ca/portfolio-item/no-accidental-champions-ltad-athletes-disability/>   
  
Case Study on coaching the Para Athlete  
<https://worldathletics.org/download/downloadnsa?filename=62e7d5b9-8c10-4f09-9480-c87960ae2cc2.pdf&urlslug=on-coaching-the-paralympic-athlete>   
  
Athletics Ontario (CAN) Para Throws Coaching Manual  
<https://athleticsontario.ca/wp-content/uploads/2018/11/Para-Throws-Coaching-Manual-Athletics-Ontario-Version.pdf>   
Athletics New Zealand-Para Athletics Handbook (90pgs! Is a little out of date, but great section on language)  
<https://athletics.org.nz/wp-content/uploads/2023/12/11-0-019-Athletics-NZ-Para-Athletics-Handbook-ONLINE.pdf>   
United Spinal Disability Etiquette Guide (a great resource to share with those who are worried to offend and to the media!) [Website](https://unitedspinal.org/disability-etiquette/?gad_source=1&gclid=CjwKCAiAg8S7BhATEiwAO2-R6vvRqnFNx7PfNHRQeA-6lMjL5grxw1pCpizj8IQOPzSgprGaRPHWJxoCHa0QAvD_BwE)   
[2015 Guide](https://www.parasportspokane.org/uploads/1/1/5/5/115561421/disabilityetiquette.pdf) (a new updated guide is available via the website)  
  
An Inclusive Guide for Ambulant Athletes (England Athletics)  
<https://www.limbpower.com/application/files/3315/1461/9407/Inclusive-Coaching-Guidance-Ambulant-Athletes-v11.pdf>

Coaching Association of Canada -Coaching Athletes with a Disability   
<https://coach.ca/sites/default/files/archive/2020-02/Coaching_Athletes_Disability_update2016.pdf>

**Equipment Resources**

Challenged Athletes Foundation <https://challengedathletesfoundation.my.site.com/Grants/s/>  
High Fives Foundation (Limited to only athletes sustaining a spinal cord injury while doing an outdoor sport) <https://highfivesfoundation.org/>   
Kelly Brush Foundation -Spinal Cord Injury Only <https://kellybrushfoundation.org/>   
Move United Program grants -for new programs only <https://moveunitedsport.org/>

Born To Run Foundation -for running legs -<https://theborntorunfoundation.org/>   
Amputee Blade Runners -for running blades <https://amputeebladerunners.com/>   
Never Say Never Foundation -<https://neversayneverfoundation.org/>