



A program of Texas Rowing for All

Paralympic Experience

April 17, 2010

Event located at Texas Rowing Center, Austin, Texas

This one day event sponsored by “Texas Rowing For All~ Paralympics Sport Club and the US Olympic-Paralympic Committee is an opportunity for citizens with disabilities to learn and participate in several water-based sports, adaptive tennis and other activities. The event is **FREE** with registration.

Events will include: on-land participation and on-water participation at beautiful Lady Bird Lake in Austin, Texas. Registered participants will have opportunities to learn basic elements of paddling in a kayak or canoe; watch rowing demonstrations; introduction to ergometers (rowing machines); kayak polo demonstrations, opportunities to get in a rowing shell (boat) and row on the water; and participate in adaptive & wheelchair tennis. Lunch will be available and the afternoon will feature rowing demonstration racing and a Wounded Warrior family paddle.

Schedule

- 8:00 Registration & Waivers
- 8:30 Opening Ceremonies
- 8:50 Overview, Safety & Team Organization
- 9:00 Paralympic Sports Experience—Water Sports- kayak, rowing & canoe
Adaptive Tennis at Austin High School (across from Texas Rowing Center)
- 12:00 Lunch & Speaker: Paralympic National Rowing Team Member
- 1:00 Rowing Demonstration/Races
- 2:00 Wounded Warrior Family Paddle
- 3:45 Closing ceremonies

Additional information can be found on the Texas Rowing Center website:
www.texasrowingcenter.com

To register online: paralympics@texasrowingcenter.com