Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sport Modifications**

**Universal approaches:**

1. **Feel tactile board of sport courts and all equipment**
2. **Learn all terms and vocabulary for the sport**
3. **Use tactile modeling or physical guidance along with verbal assistance for skill development for each sport**
4. **Ask the athlete their preference for equipment and rule modifications**

**Beep Baseball**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Rubber tee or tee with a spring (hitting) |  |
| Batting gloves with Velcro (hitting) |  |
| Poly spots or carpet squares (hitting stance) |  |
| Consistent pitch technique (live pitch hitting) |  |
| Variation in bat choices |  |
| Guide runner to base |  |
| Verbal cues during games |  |

**Track/Running Events**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Guide runner (running) |  |
| Tether (tether running) |  |
| Talking pedometer or playlist for time (distance/motivation) |  |
| 100 M distance (two anchor points) (guide wire running) |  |
| Clapping- fast to slow |  |
| Treadmill |  |
| Add music so they know where to run |  |

**Long Jump**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Thick gymnastic mats (for landing |  |
| Beeper for direction (slow to fast beeping) |  |
| Guide wire to take off point |  |
| Counting steps to take off point |  |
| Guide runner to take off point |  |

**Throwing/Discus/Shot Put**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Hula-hoop (stay inside circle) |  |
| Use beep baseball (to hear distance) |  |
| Softball |  |
| Rubber mats or poly spots (for stance) |  |
| Auditory cue for direction of throw |  |

**Throwing/Discus**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Frisbee/taped paper plates/smaller discus |  |
| Taped over rope on the circle (stance) |  |
| Auditory cue for direction of throw |  |

**Biking**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Pedal straps (keep feet in place) |  |
| Bright fluorescent lines |  |
| Spotter (sides of the biker) |  |
| Adapt bike for balance (training wheels) |  |
| Music/commands (follow sound) |  |
| Follow sighted rider wearing bright colors |  |
| Tandem bike |  |
| Balance bike |  |

**Swimming**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Use a physioball or a bench to teach swim skills outside of the pool |  |
| Different sounds for ends of pools (lap swimming) |  |
| Goggles |  |
| Various flotation devices |  |
| Lane lines (stay in respective areas) |  |
| Tapper (long stick with tennis ball or part of pool noodle on end) |  |
| Sprinkler system for signal to the end of pool |  |
| Use AdapTap |  |

**Gymnastics**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Tactile modeling/physical guidance |  |
| Carpet squares |  |
| Slant mat |  |
| Spotter (all skills) |  |
| Low beam (balance beam) |  |
| Wall with padding (headstand) |  |
| Rope with tape over it at end of beam |  |
| Sound source at vault |  |
| Sound source at corners of mat during floor exercise |  |

**Low to High Ropes/Climbing**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Proper directional cues |  |
| Feet positioning prompting |  |
| Go through course and feel apparatus |  |
| Tactile board |  |
| Spotters with hands up |  |

**Judo/wrestling**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Physical guidance with verbal description |  |
| Taped line boundaries |  |
| Poly spots/carpet squares (teaching equipment) |  |
| Task analyze each move (skill) |  |

**Goal Ball**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Sound from direction to throw (throwing) |  |
| Tactile modeling/physical guidance (throwing/blocking) |  |
| Ready position on knees |  |
| Feel entire court |  |
| Slow ball down |  |
| Modified or smaller goalball |  |
| Verbal description of what is happening during game |  |

**Basketball**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Use cane to feel basketball rim, backboard and rim |  |
| Use a cane to tap rim for directional cue (Can also use a beeper or a doorbell) |  |
| Tactile board of basketball court |  |
| Physical guidance (shooting) |  |
| Two-handed dribble to start |  |
| Point system (1-hitting net, 2- hitting backboard, 3-hitting rim, 4-making contact with square, 5-basket |  |
| Human guide during a game |  |
| Practice tapping tabletop first to establish consistency |  |
| Different sound at mid court to know player has crossed over |  |
| Remote controlled portable sound source |  |
| Smaller or bigger ball |  |

**Equipment purchasing**

Beep baseball

[www.nbba.com](http://www.nbba.com)

Basketball, soccer, football, volleyball with bells

<http://www.braillebookstore.com/Bell-Basketball.1>

Goalballs

Trainer goalballs

<https://www.athleteshop.com/goalball-trainer-ball-23-cm?as=athlete&kwd_id=22219-AGI-31268444333-ASI-176381432709-ASU545KO1F&gclid=CMzl6af2ptQCFQGQaQodIjMAiw>

Goalballs

https://app.etapestry.com/cart/UnitedStatesAssociationofB/default/category.php?ref=451.0.372404251

Swimming tapper sprinkler

AdaptTap Annie Foos, 419-508-1362, [foosannie@gmail.com](mailto:foosannie@gmail.com)

Portable Sound Source, Sport Edition (with remote)

APH, http://shop.aph.org/webapp/wcs/stores/servlet/CatalogSearchResultView

**Role Models**

Swimming

Brad Snyder

<https://en.wikipedia.org/wiki/Brad_Snyder_(swimmer>)

Martha Ruether

<http://www.teamusa.org/para-swimming/athletes/Martha-Ruether>

Trischa Zorn

<https://en.wikipedia.org/wiki/Trischa_Zorn>

Track & Field

Lex Gillette

<https://en.wikipedia.org/wiki/Lex_Gillette>

Marla Runyan

<https://en.wikipedia.org/wiki/Marla_Runyan>

Pam Magonigle

<http://usaba.org/index.php/about-us/hall-of-fame/>

Biking

Pamela Fernandez

http://usaba.org/index.php/about-us/hall-of-fame/