

2-Track

2-track skiing uses two skis (and sometimes poles), but no outriggers, leaving two tracks in the snow. Adaptive equipment may or may not be used. Individuals who are blind or visually impaired, deaf or hard of hearing, or who have development delays are commonly two-trackers. In a lesson for someone who is blind or visually impaired, the instructor provides verbal guidance. In a lesson for someone who is deaf or hard of hearing, the instructor provides visual instruction.



Snowboarding

Despite what you might think from its name, SEWASP also teaches adaptive snowboarding lessons. This involves using specialized techniques, custom adjustments, and sometimes adaptive equipment.



Reservations are required for SEWASP lessons

Contact info for Volunteers and Participants

Sports and Recreation Coordinator
c/o IndependenceFirst
540 South 1st Street
Milwaukee, WI 53204
(414) 226-8375 (Voice/Relay 711)
info@sewasp.org
www.sewasp.org

Contact info for Donors

SEWASP
10305 Sherman Rd
Cedarburg, WI 53012
info@sewasp.org
www.sewasp.org

SEWASP is incorporated as a non-profit in the State of Wisconsin and has 501(c)3 status as a chapter of Disabled Sports USA (DSUSA). Donations are tax deductible as allowed by law.

Designed by Mariellen Benway for her Girl Scout Gold Award

Updated November 16, 2010

SEWASP

Adaptive Skiing & Snowboarding



SouthEastern Wisconsin Adaptive Ski Program

What is SEWASP?

SEWASP, SouthEastern Wisconsin Adaptive Ski Program, is a non-profit, volunteer-based organization that teaches people with disabilities how to ski and snowboard. The program primarily teaches lessons at Alpine Valley Ski Resort near East Troy, Wisconsin.

Mission

SEWASP is an educational organization dedicated to providing adaptive skiing and snowboarding opportunities for individuals with disabilities. Accessing the unique abilities of each skier, we foster self-confidence and independence.

A Volunteer Based Organization

The administration, teaching, and fundraising for SEWASP are all handled by many dedicated volunteers who work hard and have a lot of fun. Like the participants, these volunteers come from throughout the area, including Wisconsin and Illinois. Training is provided by certified instructors.



How and Who Do We Teach?

We teach mono-ski, bi-ski, 4-track, 3-track, 2-track, and snowboard lessons for people of all ages and disabilities. Participants do not need to live in Wisconsin. SEWASP is a PSIA ski school and uses industry standard techniques *adapted* from the American Teaching System.

Mono-Ski

In a mono-ski lesson, the student sits in a chair-like seat with one ski beneath them. The student also has outriggers in their hands that they use to steer and balance. There are no tethers used and good balance is required, so it is more difficult to learn, but the person can ski very independently. This method is used with students with good upper body mobility and strength. Some skiers with amputations choose to mono-ski instead of standing.



Bi-Ski

A bi-ski also has a seat, but there are two articulating skis attached to the bottom of the seat instead of one. Outriggers can be held or attached to the ski itself, so that the student just needs to lean to steer. The student does not go down the hill alone. The instructor holds tethers that are attached to the bi-ski that help steer and control the unit. The bi-ski, with its two skis, is more supportive for people with limited upper body mobility and strength.



4-Track

4-track skiing uses two skis and two outriggers. It leaves four tracks in the snow, as if the skier is using four skis instead of two. Reins and other adaptive equipment may be used for additional support and guidance. Four tracking is typically used for people who need assistance with balance or turning.



3-Track

3-track skiers have one ski and two outriggers. In this method, the student stands and uses the outriggers for balance. There are no reins. 3-track skiing is mainly for people with a leg amputation or with a leg that cannot control a ski.

