



Impact Report

2023

MESSAGE FROM CEO & DIRECTOR

CREATING OPPORTUNITIES, CHANGING LIVES

Adaptive Sports Iowa is a pillar of the Iowa Sports Foundation, a 501(c)3 nonprofit organization that aims to promote a healthier lifestyle for Iowans of all abilities. Read below to hear what Chuck Long, CEO and Executive Director of the organization has to say about its adaptive sports division.

“

“I get the most satisfaction when I hear our ASI athletes tell me that our programs have changed their lives forever. We’re constantly looking for new opportunities for our athletes to grow and participate together. Last year we had a 40% growth in participation which is indicative of the hard work from our staff to develop new programs for an enjoyable experience for our athletes. We look forward to creating many more positive experiences for our athletes in the future!”

Chuck Long

CEO/Executive Director of
the Iowa Sports Foundation



“This year was a wonderful year of growth and change! We were very pleased with our increased participation this year and are looking forward to more expansion in 2024. ASI will be adding outdoor recreation opportunities as well as expanding programs to other cities. We are so thankful for the continued support from all of our sponsors, donors, social media followers, and participants - this would not be possible without you!”

Hannah Bowman

Director of Adaptive Sports
Iowa



ORGANIZATION OVERVIEW

Where others see limitations, we see opportunities.

MISSION

To provide statewide leadership in the planning, promotion, education, and organization of sports and recreation opportunities for Iowans with physical disabilities.

VISION

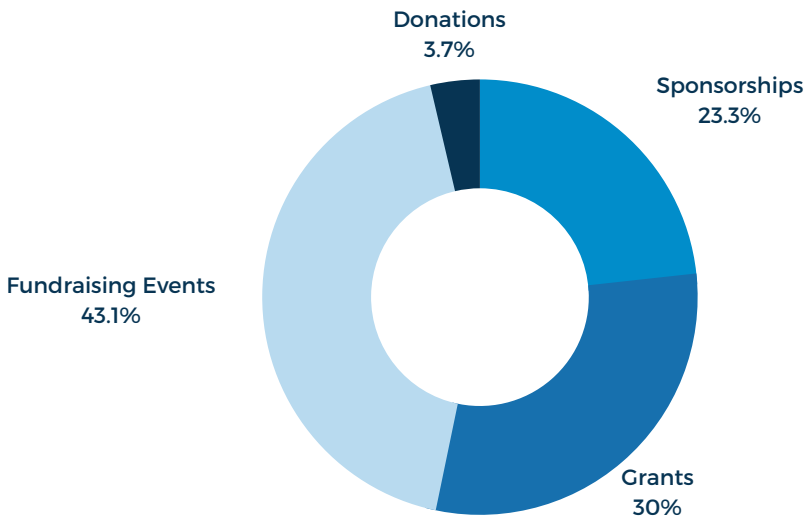
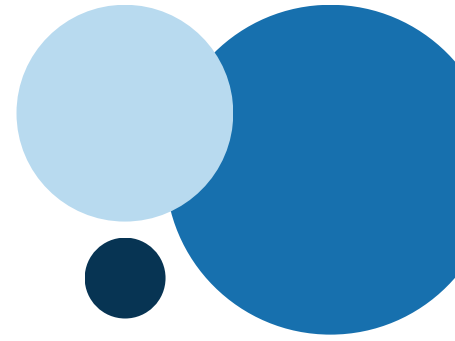
Improve the quality of life for Iowans with physical disabilities through access to consistent sports and recreational opportunities.

PROGRAMS

- **8035 Adaptive Fitness**
- **Adaptive Sports & Recreation Summit**
- **Adult Wheelchair Basketball**
- **Airgun**
- **Beep Baseball**
- **Cycling Team Presented by Iowa Farm Bureau**
- **Grizzlies Invitational Presented by GreenState Credit Union**
- **Iowa Games Presented by Grinnell Mutual**
- **Sled Hockey**
- **Track & Field**
- **Wheelchair Tennis**
- **Youth Wheelchair Basketball Presented by GreenState Credit Union**

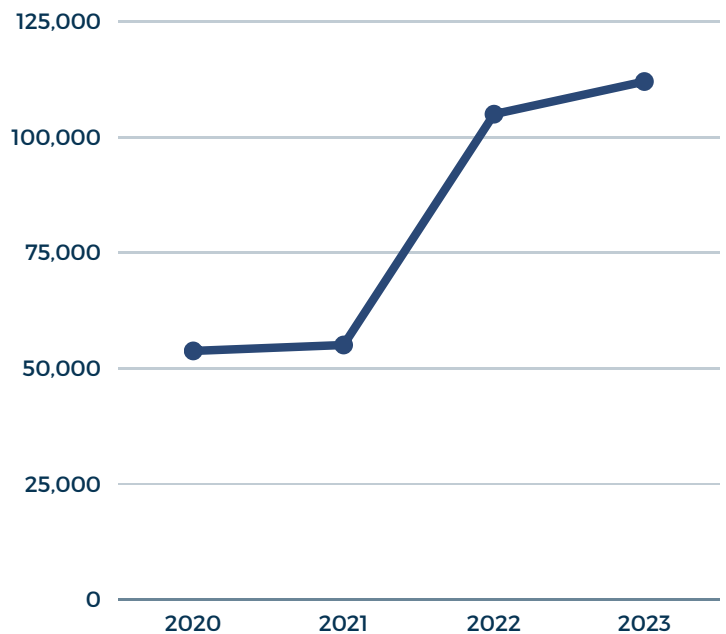


FY YEAR 2022-2023 IN REVIEW



FUNDS RAISED THIS YEAR

Overall funding increased slightly from FY 2021-2022. Most fundraising events in FY 2022-2023 outperformed the previous year, and Adaptive Sports Iowa was awarded an additional grant from MidAmerican Energy Company.



AVERAGE INDIVIDUAL DONATION: \$115.68

- VIA FACEBOOK: \$35.50
- VIA ONLINE FORM: \$160.36

AVERAGE GROUP GIFT: \$3,180

AVERAGE SPONSORSHIP: \$6,050

631

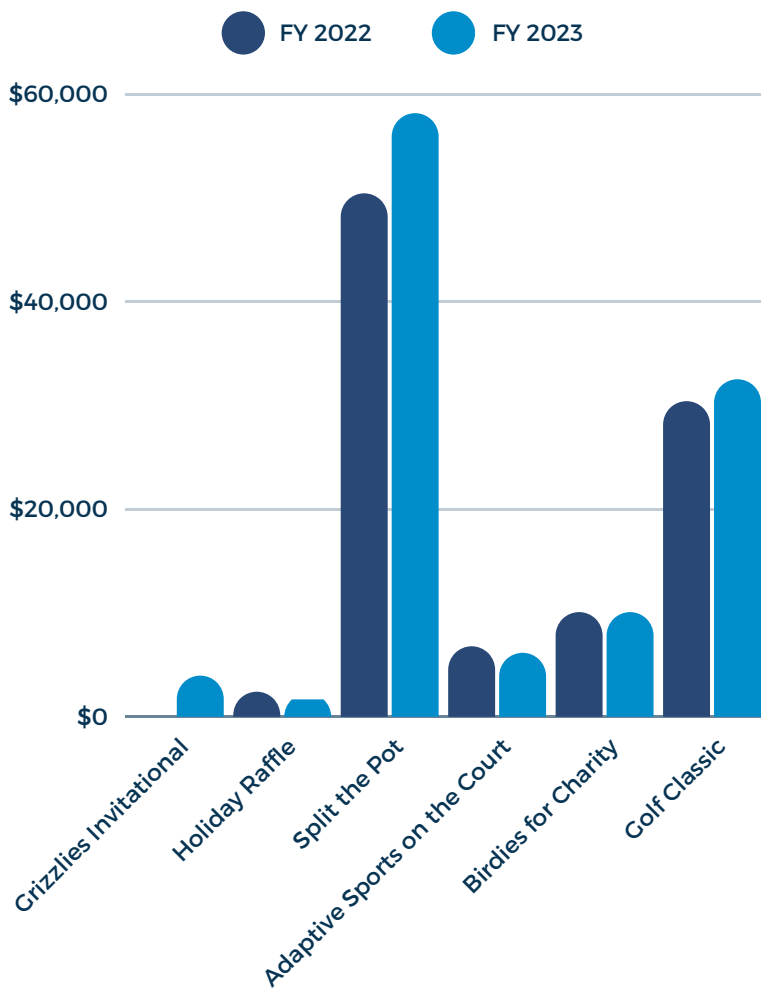
Total participants in ASI
programs this year

490

Approximate hours of
adaptive activities offered

60

New participants in ASI
programs this year



FUNDRAISING EVENTS BREAKDOWN

The Iowa Wild had a great season last year, including a playoff appearance in the post-season, which resulted in a record-year for our Split the Pot fundraiser. The Golf Classic also had its best year yet, both in team turnout and dollars raised. Next year, the Grizzlies Invitational will be the conference tournament, which will increase our dollars raised at that event, and we are looking to expand the Adaptive Sports on the Court event to other communities. Our lowest-earning fundraiser will be replaced next year with a Giving Tuesday campaign to encourage individuals to donate near year-end.

2024 OUTLOOK

We expect the next fiscal year to look very similar to this year. In 2023, we received a couple of extra grants than usual, but in 2024 we expect to make up for that by increasing our online donation campaign, bringing in more teams to the Grizzlies Invitational by hosting the conference tournament, optimizing our Golf Classic profits, and expanding the Adaptive Sports on the Court event to other communities around the state.



1000+

Hours of volunteer work performed by 100+ volunteers

25

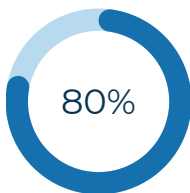
Community outreach events attended

660+

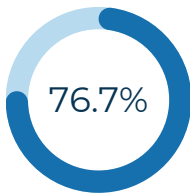
People reached at community outreach events

PARTICIPANT SURVEY RESULTS

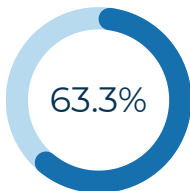
In a recent survey by an Occupational Therapy student at Drake University, Adaptive Sports Iowa participants gave their anonymous feedback based on their involvement in ASI programs. See the following results.



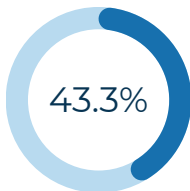
Reported improved mental health



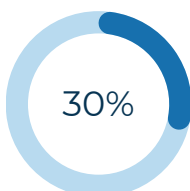
Reported improved physical health and social engagement



Reported feeling increased self-confidence



Reported a stronger personal identity



Are better able to perform everyday activities

Program Strengths:

- Coaching & staffing
- Assistance & support
- Accessibility of locations
- Equipment
- Reports of significant improvements of wellbeing
- Majority of participants feel that their needs have been met/accommodated for



“

ASI has changed my life for the better!

EXTREMELY well done and very much appreciated!!!

ASI has made a profound impact on my life in every area and has educated me in ways I wasn't even aware I was ignorant in, and I feel like I'm constantly growing, learning, and expanding as a person, as well as my social circles and relationships, all for the better.

Thank you for being here

ASI has helped me in so many ways! It has shown me more adapting techniques!

All the support from the staff, Hannah, leadership team, volunteers and sponsors that make RAGBRAI come together...is immensely helpful. So many efforts going into it that do not go unnoticed or unappreciated.

The ASI cycling team has positively changed my life, and I enjoy seeing ASI changing other lives.

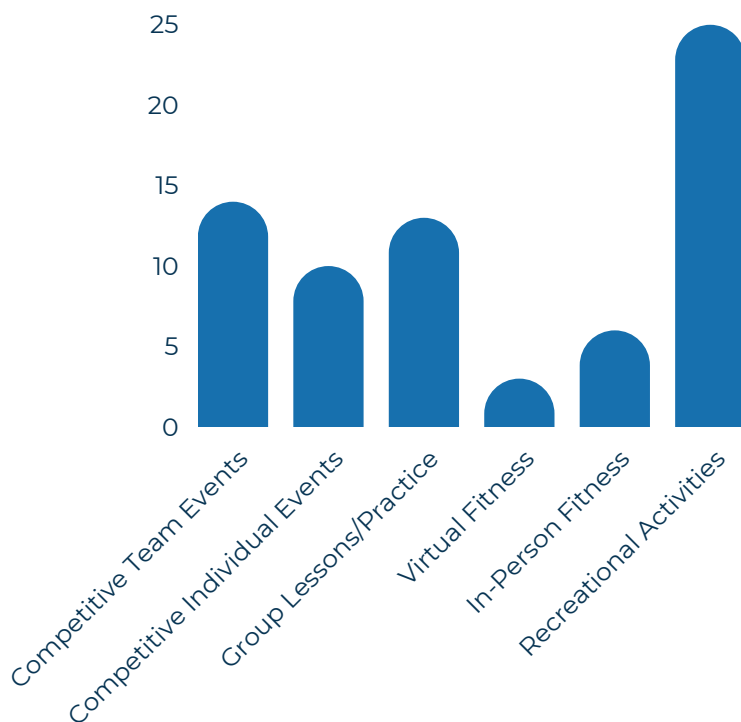
ASI is doing amazing things

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Based on the results of the survey question below, we have made it a goal for the next fiscal year to add more recreational opportunities to our program offerings. We are working on a new partnership with Easter Lake to provide outdoor activities and will explore other opportunities to expand in this area.

Participants' Favorite Types of Programs



2023 SEAN RUNYAN ATHLETE OF THE YEAR



Sam Spore was born in East Africa with spina bifida and hydrocephalus. He received spinal and brain surgeries as an infant in Uganda. By the time he turned seven years old, his biological family was unable to continue caring for him. Sam lived at a children's home near his village until his parents, Chad and Heidi Spore, adopted him at age twelve. He has had several surgeries since then: some to help him become more independent and some to help remove infections contracted in Uganda.

Soon after arriving to the United States, Sam was hospitalized for a blood clot and a femoral fracture. Thinking back on that, Sam remembers, "While that was a very difficult time for me and my family, God used it to

introduce us to the great people at the Spina Bifida Association of Iowa. They then put us in touch with a man in the Cedar Valley who conducted adapted sports camps. I attended my very first adapted sports camp that summer! That was more than 8 years ago."

The thing that makes Sam most passionate about adaptive sports is seeing people who have never had the chance to be in a team sport before being given the chance to participate, joke around, and have fun with other people like them. Sam played basketball with the Rolling Panthers until Sportability dissolved and then joined Adaptive Sports Iowa's Iowa Grizzlies for all his years of eligibility. Sam's favorite memory from his time with ASI was during one game against the Jr. Hawks in wheelchair basketball. "We were down by a lot of points, and two of our best players had been pulled out of the game for a break. I did a great job of leading my team and starting a comeback. We came back to win the game!" Although he no longer meets the age requirements, Sam is still involved in the team as a student assistant coach. With ASI's equipment lending program, he also participated in track for two years in high school until he aged out of eligibility to compete last year.

Outside of his adaptive sports involvements, Sam is a senior at Union High School in La Porte City. He loves to play percussion in marching and concert band and sing tenor in the school choir. In his free time, he likes to draw, write songs, play ukulele, shoot hoops in the backyard and play Settlers of Catan with his siblings. Every weekday afternoon he can be found working at a nursing home in La Porte City. After graduation, he would like to continue helping people, though he is not yet sure in what setting.

If Sam had the chance to talk to others with a similar disability, he would say, "Get involved. They should just give adapted sports a try because I think they will really like it." Sometimes people with disabilities are only seen as 'a guy in a wheelchair' or 'a girl who uses crutches'. Sam wants people to see past those things and get to know that he is "a friendly guy, and I can do anything I put my mind to."

Congratulations again, Sam, for your accomplishments as the 2023 Sean Runyan Athlete of the Year! We thank you for the impact you have made in your teammates' lives and look forward to seeing where life takes you.



Changing Lives

Sports have power. They foster connection, strengthen relationships, empower individuals and provide obtainable challenges. By providing adaptive opportunities, we allow transformation to take place.

GET INVOLVED

Be a part of the transformation by getting involved with Adaptive Sports Iowa! Whether you volunteer your time, generously donate your money or follow our stories through our newsletter or social media, we thank you for supporting our organization and helping us to change the lives of Iowans with physical and visual disabilities.



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Phone

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Website

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Scan to Donate





WHAT IS THE IOWA SPORTS FOUNDATION?

The ISF is comprised of the Iowa Games, Live Healthy Iowa, Adaptive Sports Iowa, Iowa Senior Games and the Iowa Corporate Games.

Our board of directors is made up of former governors and athletic and corporate leaders from around the state.

Corporate sponsorships, donations, grants and entry fees provide the major source of funding for the ISF. The ISF does not rely on any state or federal funding.

OUR MISSION

The Iowa Sports Foundation (ISF) mission is to provide sports, recreation, health and wellness opportunities for Iowans of all abilities.

OUR VISION

To be the statewide leader in providing opportunities for all Iowans to live a healthier lifestyle by motivating, encouraging and supporting lifelong wellbeing through sports, recreation, and competition.