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

**Lavelle Sport Modification Master List**

**Take the sports and activities specific to your camp and make your own packet for your athletes to take with them. If you have other sports to add to this master list please email the Camp Abilities Brockport Graduate Assistants and they can assist you.**

**Email: campabilitiesbrockport01@gmail.com**

**Universal approaches:**

1. **Feel tactile board of sport courts and all equipment prior to activity (pre-teaching).**
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/ Beep Kickball**

|  |  |
| --- | --- |
| **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 |  |
| Variation in ball choices (ones that stay in air longer, etc) |  |
| Constant sound source for bases |  |

**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 |  |
| Guide runner in front with a bright vest  |  |
| Circle running  |  |

**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 |  |
| Sound source at take off point |  |
| Bright color contrast at take off point (cones possibly) |  |
| Tactile markers near board  |  |
| Changes in textures on ground  |  |

**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) |  |
| 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 |  |
| Simulate on the ground- practice movements first  |  |

**Judo/Wrestling/Martial Arts**

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

**Goalball**

|  |  |
| --- | --- |
| **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 |  |

**Archery**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Coach Assist with Aiming |  |
| Sound source at target  |  |
| High contrast color on target  |  |
| Consistent cadence  |  |
| Orientation between target and where to shoot  |  |
| Different strengths of bow and arrows  |  |
| Verbal description of what is happening during game |  |

**Golf**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Sound source at target, different sounds for different areas of target |  |
| High contrast of targets, use of flags, cones |  |
| Different tactile mats/surfaces to strike from  |  |
| Balls with sound source in them  |  |
| Various size balls  |  |
| Modify size of target |  |
| Various tees  |  |
| Walk distance between the start and target (many count strides) |  |

**Hiking/Orienteering**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Use Dakota disc tips for shorter distances  |  |
| Use two trekking poles for longer distances  |  |
| Follow auditory signals from other hikers  |  |
| Download detailed instructions for hike (mileage, turns, landmarks) prior to hike  |  |
| Hip tether to guide  |  |

**Kayaking/Canoeing**

|  |  |
| --- | --- |
| **Modifications** | **Comments** |
| Tandem kayaks |  |
| Follow sound source from a lead kayak |  |
| Tactile paddles and where hand grip should be |  |
| Tactile kayak and canoes |  |
| High contrast colors for any landmarks (if possible) |  |

**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 |  |

**Stand Up Paddleboarding**

|  |  |
| --- | --- |
| Sound source on land for orientation, or at buoys  |  |
| Various size boards and types (stability) |  |
| Sitting on board  |  |
| Kneeling on board |  |
| Make the board tactile and where feet should go |  |
| Handle location on the board for body positioning |  |
| Taping the paddle for hand position or adding a tactile band for hand positioning |  |
| Bells on the leaders paddle to follow |  |
| Short direct verbal commands: left side, right side, sweep front to back, sweep back to front, forward stroke right side, forward stroke left side, brake, come to your knees |  |
| Leash as a guide to where the back of the board is if they fall |  |

**Disc Golf**

|  |  |
| --- | --- |
| Discs with sound sources  |  |
| Sound sources at targets  |  |
|  High contrast colors for discs and targets |  |

**Equipment Resources:**

* **Beep baseball** [www.nbba.com](http://www.nbba.com)
* **Basketball, soccer, football, volleyball with bells** <http://www.braillebookstore.com/Bell-Basketball.1>
* **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
* **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](https://en.wikipedia.org/wiki/Brad_Snyder_%28swimmer))

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/