

Creating Possibilities



Last Updated April 17, 2024 9:42am

Sports & Rec



Get Involved & Stay Active

Turnstone offers adaptive sports programs for youth, ages 5 and up, adults, and veterans who have physical or visual, intellectual, or developmental disabilities. We offer recreational, competitive, and elite-level fitness and sports programs, clinics, camps, and [tournaments](#). All programs are led by certified coaches and qualified instructors. We welcome everyone from first-time athletes to [Paralympic competitors](#). Skill development starts at the grassroots and progresses to fine-tuning form and technique. Staff will assist in finding the most suitable activity for each athlete. Many of our programs are inclusive and allow able-bodied peers and family members to participate. An athlete does not need to be a daily wheelchair user to play wheelchair sports. Turnstone does follow protocols and guidelines from national governing bodies.

Turnstone collaborates with community partners for additional program opportunities. These community partners include The YMCA of Greater Fort Wayne, Camp Red Cedar, Easter Seals Arc, and F.L.O.W. Recreation LLC.

Take a look at our [Program Guide](#) for upcoming Sports and Rec opportunities and begin your participant registration by [completing this form](#).

Click to [read Turnstone's Sport Protection Policies here](#).

Benefits of Participation

- Improved health and fitness
- Increased strength and endurance
- Enhanced self-esteem
- Increased confidence
- Gain leadership and team-building skills
- Increased opportunities for social engagement
- Increased opportunity to participate in school and community sports and recreation programs
- Weight loss/weight control
- Increased opportunity to live and work independently as adults
- Opportunities to develop healthy leisure habits



Like us on Facebook

To see tournament scores and follow Turnstone's competitive teams, like us on Facebook.



Wheelchair Basketball



Power Soccer



Open Gym



Sled Hockey



Wheelchair Rugby



Track & Field

Empowered by our 2023-2024 Sports & Recreation Sponsors:



Interested in Becoming a Sports & Recreation Sponsor?

Your support ensures the availability of sports and other recreational opportunities for people with disabilities in our community while also enabling Turnstone to play a role in Fort Wayne's goal of becoming a premier destination for adaptive sports.

Veteran's Socials



These monthly veteran socials are designed to help veterans and members of the Armed Forces with disabilities meet their health and fitness goals; explore sports and recreation opportunities; and engage with other veterans.

Location: Meet in the Lobby (Entrance B; Door #16 – Plassman Fieldhouse)

Cost: FREE

Veterans & up to 3 guests are welcome to join!

[Turnstone's Fitness and Aquatic program also offers a veteran's discount for a membership!](#)

Friday, April 19- Wheelchair Basketball

Noon- 2pm (Lunch provided)

Court 1 - Plassman Athletic Center

Join us for the sport of wheelchair basketball. Take it for a spin and/or watch others enjoy this fast-moving sport.

Friday, May 31- Cycling

Noon- 2pm (Lunch provided)

Court 1 & Track - Plassman Athletic Center

Come and try out these sets of wheels! We'll have handcycles, recumbent trikes, and tandem bikes that are geared towards individuals with visual impairments, available for use.

June - Endeavor Games

Friday, July 26 - TBD

Stay tuned for more details

Thursday, August 29 Paralympics - Watch Party

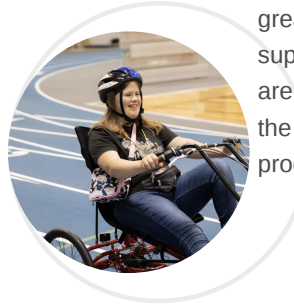
5-7pm

Entire Fieldhouse

RSVP with Isaac

Please RSVP 24 hours in advance of each monthly social event with the number of attendees. Call 260.483.2100 x 241 or email Isaac.

YMCA Partnership



The Turnstone Center and the YMCA of Greater Fort Wayne have teamed up to bring you more opportunities for inclusive and adaptive sports close to home. This means everyone, no matter their abilities, can join in the fun and stay active. There's something for everyone, from basketball to volleyball and other great offerings. Thanks to funding from The Hartford and support from Move United, Turnstone Center, and the YMCA are working together to make sure everyone can be a part of the action. Learn more below and take your pick of upcoming programs!



Funded in partnership with Move United & The Hartford

Inclusive Volleyball

Brought to you by Turnstone Center and the YMCA of Greater Fort Wayne.

This inclusive volleyball program is open to participants with and without disabilities. Participants will get to try different variations of volleyball including stand-up volleyball, sit volleyball, and beach volleyball.

Dates: Wednesdays, May 1-22, 2024 from 5:15-6 pm

Recommended ages: 6+

Cost: \$20

All Abilities Camp

Location: Turnstone*

Dates: Monday, 7/8 to Friday, 7/12 from 9:30 AM to noon

Cost: \$90 / person

Age: Recommended for 8-18

All Abilities Camp will also be hosted at the **Caylor-Nickel Foundation Family YMCA (550 W. Dustman Rd., Bluffton, IN 46714) on Monday, 7/15 to Friday, 7/19*

Inclusive Baseball

Brought to you by Turnstone Center, the World Baseball Academy, and the YMCA of Greater Fort Wayne.

Whether you're a seasoned player or new to the game, this program is designed for everyone looking to experience the joy of baseball.

Dates: Dates for 2024 are TBD

Location: TBD

Participation Fee: \$20 per participant, sibling, or friend.

Recommended Ages: 5-20 years old

Register by: TBD

Volunteer info: TBD



**Questions? Contact
Michelle**

Michelle Kimpel

Director of Sports & Recreation

✉

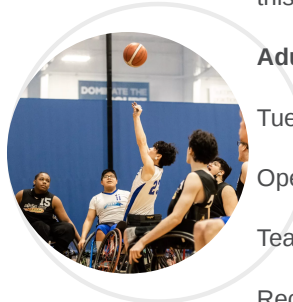
☎ (260)483-2100 ext. 283

Wheelchair Basketball

What Is Wheelchair Basketball?

Wheelchair basketball uses many of the same rules as its counterpart, but special rules accommodate dribbling from a wheelchair. Athletes are engaged to learn the basic rules of the game, develop fundamentals and skills, and apply these on the court.

Wheelchair basketball is open to athletes with physical disabilities such as amputation/limb loss, spinal cord injury, cerebral palsy, brain injury, stroke, and other orthopedic and locomotor disabilities. **You do not have to be a daily wheelchair user to play Wheelchair Basketball.** Athletes in this sport are grouped by age.



Adult & Junior WCBB Practices 2023-24:

Tuesdays 5:30- 7 PM

Open Gym starts: September 12

Team Meeting: September 19

Recruitment Day: September 26

First Practice: October 10

Final Junior Practice: April 2, 2024

Final Adult Practice: April 23, 2024

Ages 6+ with a physical disability (divisions grouped by ages)



Competitive Teams

Athletes in wheelchair basketball are grouped by age, and Turnstone has two competitive teams:

- Varsity Division (Turnstone Flyers): male and female athletes ages 13 through high school
- Adult Division (Turnstone Bandits): male and female athletes ages 18 and older. The Turnstone Bandits are an NWBA Division III team.

In addition, Turnstone has one recreational team. With enough players, this team could be competitive:

- Prep Division (Turnstone Flyers): male and female athletes ages 8 to 12 years old

Our athletes engage in many skills throughout the program including:

- Players develop fundamental wheelchair basketball skills.
- Players learn offensive and defensive strategies for wheelchair basketball.
- Players learn the values of teamwork, and leadership skills, gain confidence and improve their self-esteem.
- Players network with other team members
- Players have opportunities to attend wheelchair basketball training camps.
- Players have access to athlete education and advocacy resources. Paralympic athlete training guidelines are available for those who excel at an elite level and are identified as potentially emerging athletes.

For more information on wheelchair basketball, go to www.nwba.org.



“These athletes are here to win and they work so hard. “Once it’s game time, they put on their game face and they play to win,”

Bob
Wheelchair Basketball Coach



**Questions? Contact
Kevin**

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Sports & Recreation



Fitness & Aquatic

Turnstone & FWACO Socials

Fort Wayne Abilities Co-Op partners with Turnstone to host sensory-friendly socials.

Teen Takeover

- Friday, March 1, 2024
- 6-8 PM at Turnstone

[RSVP](#)

May the Fourth Be With You!

- Saturday, May 4
- 6:30-8 PM at Jackson R. Leighman Family YMCA
- For questions, please contact [Cecelia Porter](#).
- [RSVP](#)

Splash Bash

- July 27, 2024
- 6:15-7:45 PM at Jorgensen YMCA
- For questions, please contact [Rebekah Coffey](#).
- [RSVP](#)

Autumn Dance

- November 8, 2024
- 6-8 PM at Camp Red Cedar

For questions, please contact [Leeann Hoffman](#)

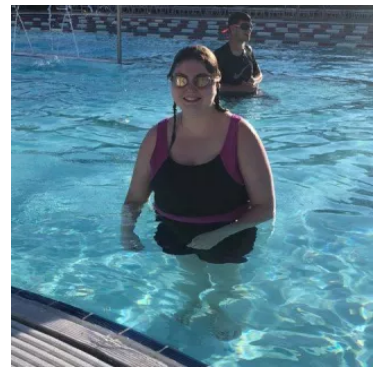
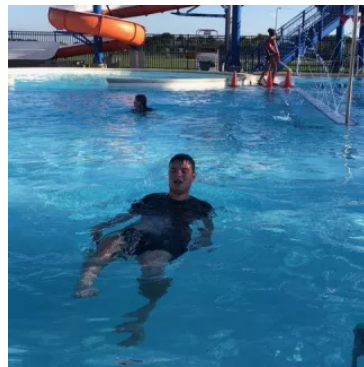
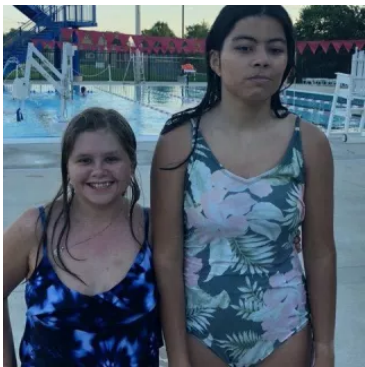
Stay Tuned for RSVP



Questions? Contact
Michelle

Michelle Kimpel
Director of Sports & Recreation

✉
☎ (260)483-2100 ext. 283



Other Opportunities You Might Be Interested In



Sports & Recreation



Fitness & Aquatic

Wheelchair Rugby



What Is Wheelchair Rugby?

Wheelchair rugby combines elements of rugby, basketball, and handball with teams of four competing to carry the ball across the opposing team's goal line. Contact between rugby chairs is permitted and is, in fact, an integral part of the sport as players use their chairs to block and hold opponents.

Most players have spinal cord injuries with full or partial paralysis of the legs and partial paralysis of the arms. Other disability groups who play include cerebral palsy, muscular dystrophy, amputations, polio, and other neurological conditions.

This program is open to all eligible individuals, ages 12 and older, with a permanent physical disability, which affects both arms and legs.

2024 Practices:

Tuesdays 7-9 PM

- In session until April 30, 2024
- Ages 12+ with a physical disability



Questions? Contact
Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Fitness & Aquatic



Sports & Recreation



**Wheelchair
Basketball**

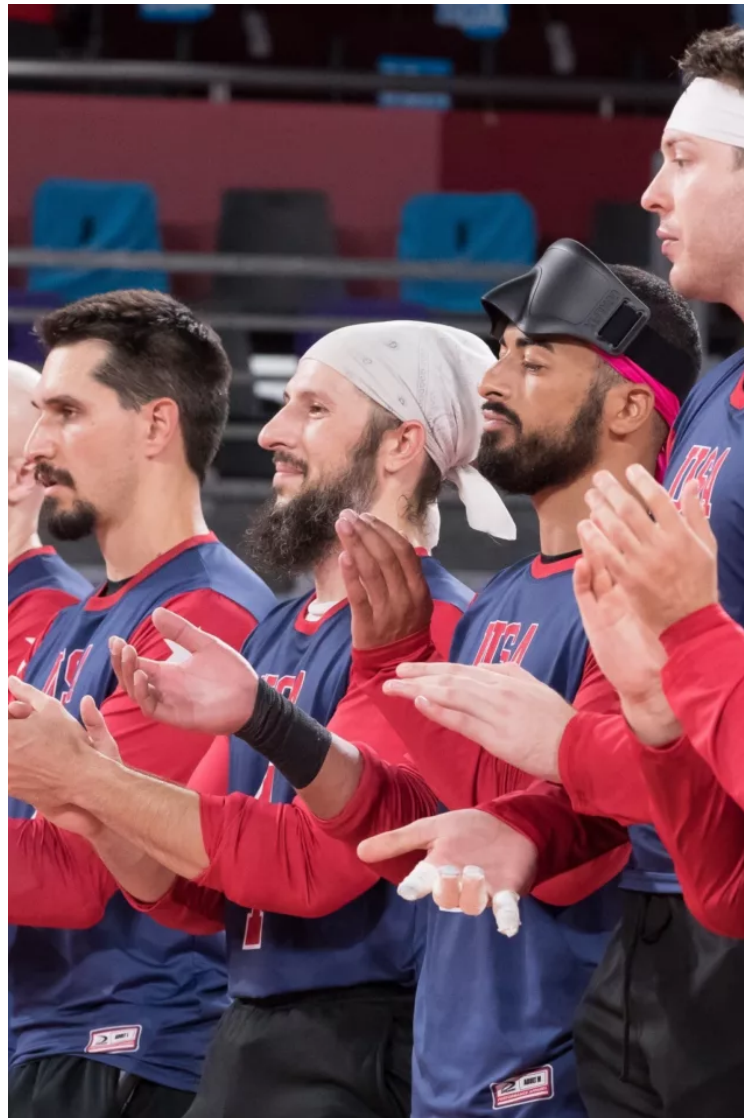
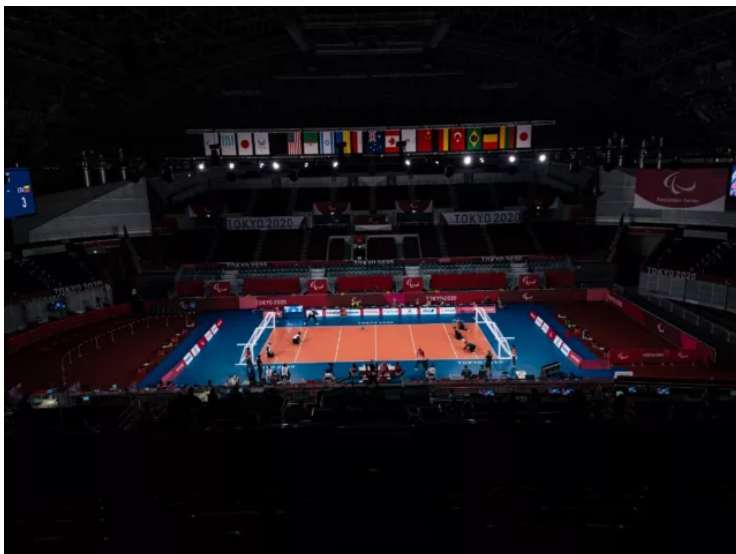
Goalball



What Is Goalball?

Two teams of three blindfolded athletes attempt to throw a ball with bells inside into their opponent's goal net. This fast-paced game requires strength to throw the 2.75-pound ball and speed to defend the goal. Athletes play both offense and defense.

Competitive goalball is open to athletes with visual impairments. Goalball can also be played recreationally with athletes of all abilities.



Goalball at Turnstone

In 2015, Turnstone partnered with the [U.S. Association of Blind Athletes \(USABA\)](#), the National Governing Body for the Paralympic sport of goalball, to establish the first-ever USA Goalball Men's Resident Program. The program allows athletes to train together full-time and live within walking distance of the Goalball Center of Excellence housed at Turnstone.

In 2017, a USA Women's Resident Program was added, allowing both teams to adequately prepare to represent the U.S. at international competitions including world championships and the Paralympic Games, which are held every four years the month after the Olympic Games and utilizing the same venues of the Olympic host city.

Since the first Paralympic Games in 1976, the USA Women's and Men's Goalball Teams have dominated the world stage with the largest combined total of 23 world championships and Paralympic Games medals. Following the creation of the USA Goalball Resident Program at Turnstone, the U.S. was the only nation to have both of its goalball teams medal at the Rio 2016 Paralympic Games, with the men's team winning the silver medal and the women's team capturing the bronze. At the most recent Paralympic Games in Tokyo, held in the summer of 2021, the U.S. women's team took home the silver medal while the men's team finished fourth after reaching the bronze-medal match.

In 2021, Turnstone and the U.S. Association of Blind Athletes jointly established the [Ronald W. Plassman Gold Standard Award](#) to be presented annually to deserving athletes, coaches, and program supporters who demonstrate gold standard values lived out by the actions and support of Ronald W. Plassman (1940-2022).



Questions? Contact Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Fitness & Aquatic



Sports & Recreation



USOPC Training Site

Power Soccer



What Is Power Soccer?

Two teams of four players go head to head in a fast pace, power wheelchair sport that is one of the most popular adaptive sports in the world. Power Soccer creates possibilities for those who want to compete and play, yet may have limited physical abilities to play other sports. Be part of a team and learn how to play power soccer.

Played in power wheelchairs, power soccer is one of the most popular adaptive sports in the world. Even those with very limited physical abilities can participate and find great success. The game is played in a gymnasium on a regulation basketball court. Two teams of four players attack, defend, and spin-kick a 13-inch soccer ball in a challenging game. Turnstone has offered power soccer since 2006.

Turnstone's Power Soccer Programs

Competitive power soccer: Turnstone currently has two competitive power soccer teams that practice once per week at Turnstone and travel for competitions. The teams compete on weekends at home or travel to games throughout the Midwest. The power soccer season runs from September through June and culminates in a national tournament.

2023-24 Practices:

- Tuesdays 5:30-7 PM
- In session until June 11 (Nationals)
- Ages 10+ with a physical disability (divisions based on skill level)

Recreational power soccer: Turnstone's recreational power soccer teams play at Turnstone and do not travel out of town for competitions.

The season typically runs from September to June. The season ends with a national tournament.

Want To Learn More?

For more information about power soccer, go to <http://powersoccerusa.net/>.



“

The thing I enjoy the most about Turnstone is playing power soccer and my favorite memory is scoring my first goal at a power soccer tournament.

Kadence
Athlete





**Questions? Contact
Kevin**

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Pediatric Therapy



Adult Therapy



Sports & Recreation

Sled Hockey



What Is Sled Hockey?

Buckle up in a specially designed sled just a few inches above the ice and propel yourself to defend or score in the opponent's goal. Sled hockey is open to anyone with a physical disability age 8 and over. It follows most of the typical ice hockey rules and has the same heart-pumping, high energy. Turnstone collaborates with SportONE/Parkview Ice House and Trine University Thunder Ice Arena for practices

Turnstone currently has one competitive sled hockey team.

The teams compete on weekends throughout the Midwest and at Turnstone's annual home tournament in mid-February. Turnstone has hosted the 'Annual Bob Chase Frostbite Classic Tournament' since 2009.

2023-24 Practices (*Times and locations vary*)

- Team Meeting and First Practice: September 10, 2023
- Final Practice: April 14, 2024
- Ages 10+ with a Physical disability



“

These athletes compete hard and never complain. The passion they have for the game and the mutual respect they have for their opponents is something I have never seen in all the years I have coached.

Rick
Coach



**Questions? Contact
Kevin**

Kevin Hughes, CARSS II
Manager of Sports

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☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Fitness & Aquatic



Sports & Recreation



**Wheelchair
Basketball**

Track & Field



An athlete can perform individually or as a team within the variety of events included in track and field. Athletes compete in specific divisions based on their level of mobility or visual impairment to progress on personal goals in distances (shot put, javelin, and discus) or times (running or pushing).

Turnstone provides the equipment, including racing and throwing chairs, and has an indoor track and amenities to begin training in the winter months.

- Call-out meeting: Thursday, January 11, 2024 at 6 pm
- Regular practices are on Tuesdays and Thursdays from 5:30-7 pm
- First practice: Tuesday, January 16, 2024



“When I started to take the sport seriously, I started to see that I had a gift and I wanted to pursue it.”

Zeb
Athlete



Questions? Contact
Michelle

Michelle Kimpel
Director of Sports & Recreation

✉
☎ (260)483-2100 ext. 283

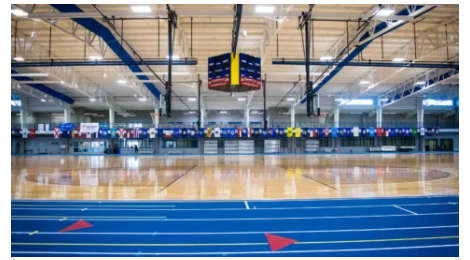
Other Opportunities You Might Be Interested In



Sports & Recreation



Fitness & Aquatic



Open Gym

USOPC Training Site



U.S. Olympic & Paralympic Training Site

In 2018, Turnstone became one of what is now nine [designated sites](#) throughout the country that supports the training and development of aspiring and elite athletes in the Olympic and Paralympic family. Turnstone's facilities, staff, and resources provide an elite athlete training environment for current and aspiring Paralympic athletes, with a specialty in the sport of goalball, as well as developmental opportunities for athletes in other Paralympic sports. Over the years, Turnstone has supported elite athletes on the national and international stage in the adaptive sports of wheelchair basketball, wheelchair rugby, power soccer, goalball, para-cycling, track & field, and more. Through Turnstone's relationship with the [U.S. Association of Blind Athletes \(USABA\)](#), Turnstone is home to the Goalball Center of Excellence, the Men's and Women's [Goalball Resident Program](#), and the internationally ranked U.S. Men's and Women's National Goalball teams.



Goalball Overview

Two teams of three blindfolded athletes attempt to throw a ball with bells inside into their opponent's goal net. This fast-paced game requires strength to throw the 2.75-pound ball and speed to defend the goal. Athletes play both offense and defense.



“I can honestly say that I would not have had such a successful career so far if it wasn't for Turnstone.”

Tom Davis
2-time Paralympian, Paracycling



Questions?
Contact EJ

EJ Whitney
Director of Fitness, Aquatics & High Performance Sports

✉
☎ 260-483-2100 ext. 277

Open Gym



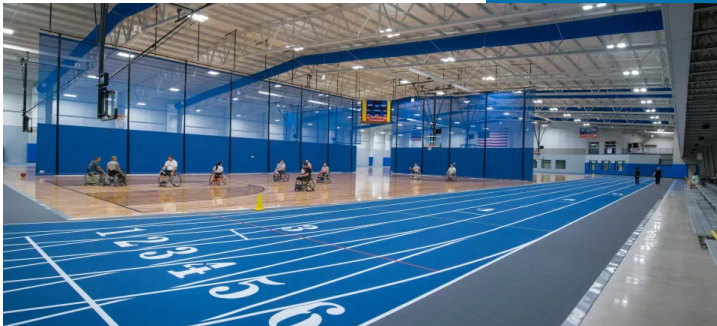
Turnstone Open Gym

Join Turnstone for Open Gym in the Plassman Athletic Center Fieldhouse. Our open gym program gives you access to Turnstone's collegiate-size basketball courts and 230m track at low-cost drop-in rates! Anyone in the community may utilize the courts during open times.

Please call [260-483-2100](tel:260-483-2100) to confirm availability before your arrival.

Open Gym Fees

Currently, fees to access open gym times are \$5 per person for all ages.



Schedule & Availability

Call (260) 483-2100 to confirm the Open Gym schedule and availability.

Other Opportunities You Might Be Interested In



Fitness & Aquatic

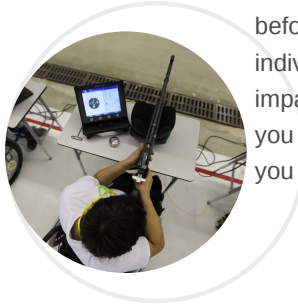


Sports & Recreation



**Elite Athlete
Scholarship**

Air Rifle



What Is Adaptive Air Rifle?

Open to both the experienced shooter who wants to improve on their precision and brand new participants looking at giving Air Gun a shot. Participants will learn the proper safety before shooting as well as techniques to help their aim. For individuals with visual impairments, you can shoot by using a SCATT program where you can hear beeping sounds that become a higher pitch as you get closer to the target.

Turnstone's Air Rifle Program

Dates: Wednesdays, January 10- April 17, 2024

Location: The X Count

Time: 4-6 pm

Instructor: Gregg Rice

No fee but must RSVP at least 24 hours in advance

Ages 13+

All Mobility (individuals with or without disability)



Questions? Contact
Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Counseling



Sports & Recreation



Power Soccer

Cycling



About Cycling

Come and tryout these sets of wheels! We have handcycles and recumbent trikes, along with tandem bikes that are geared towards individuals with visual impairments, available for use. New participants must schedule an appointment with Kevin Hughes to determine to proper bike.

Cycling at Turnstone

This program is a year-round recreational opportunity.

Location: Plassman Athletic Center Fieldhouse at Turnstone

Time: Open track times during operating hours

Days: Monday-Friday

[Must complete a bike assessment before riding.](#)



Questions? Contact
Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Counseling



Sports & Recreation



Power Soccer

Boccia



What Is Boccia?

In boccia, a set of balls is thrown or rolled onto a court by opposing players, getting as close as possible to a target ball. Players can strategically knock opponents' balls away from the target ball.

Turnstone's Boccia Program

Anyone 12+ years old can enjoy boccia at a recreational level. Participate in the program and learn the rules, strategies, skills and techniques in order to play. Want to be more challenging and try competitive boccia? Turnstone can help with this too. Turnstone has boccia sets and ramps if needed.

This program is part of the Sports & Rec Membership.

Upcoming Dates

Location: Turnstone Plassman Athletic Center

Dates: Tuesdays starting January 9, 2024- July 30, 2024

Times: 4-5:30 PM

Recommended Ages 12+



Questions? Contact
Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉

☎ (260) 969-7654

Other Opportunities You Might Be Interested In



Counseling

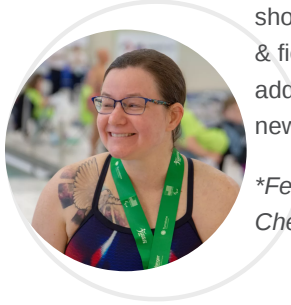


Sports & Recreation



Power Soccer

Endeavor Games



The Turnstone Endeavor Games are an opportunity for athletes with physical disabilities to participate in various sporting events on a competitive level. Turnstone is proud to host one location of the Endeavor Games series in conjunction with the University of Central Oklahoma. [Check out this page for 2024 Endeavor Games dates, times and other details!](#)

Turnstone's Endeavor Games features sports* like air rifle shooting, archery, boccia, sit volleyball, swimming, tennis, track & field, wheelchair basketball and wheelchair softball. In addition, clinics will be offered to allow athletes to try something new or strengthen their skills.

**Featured sports are subject to change from year to year. Check out our event page for a list of featured sports.*

Wheelchair Accessible Vehicle Rentals

In need of a wheelchair-accessible vehicle for your visit to Fort Wayne? Superior Van and Mobility's rental program includes vehicles that are equipped with wheelchair ramps and customized seating to accommodate individuals with mobility challenges. They also offer airport pick-up and drop-off services for a small fee as a way to best accommodate your mobility needs.

The 2024 Turnstone Endeavor Games are Empowered By:



**MOVE
UNITED**

**MOVE
UNITED
WARFIGHTERS**

Hanger
CLINIC
Empowering Human Potential

STRAHM
building solutions

VisitFortWayne

 *H2O
DELIVERIES*

INDIANA
SPORTS CORP
1979

Champions are Crowned
IN INDIANA

THANK YOU!
NRA & THE NRA FOUNDATION
Visit nrafoundation.org for more information

Interested in becoming an Endeavor Games Sponsor?

Become a sponsor to create adaptive sports opportunities for athletes across the nation For more information, contact Turnstone Event Specialist, Kayla Crawford.

Other Opportunities You Might Be Interested In



Sports & Recreation



Adult Day Services



Fitness & Aquatic

Cross Training



Push your fitness to the next level. Join our high-intensity workout program that is tailored for individuals with physical disabilities and/or visual impairments to maximize their fitness.

- Tuesdays from June 3 - August 19
- 6-7pm
- Ages 16+ years

This program is included for all athletes with a Turnstone Competitive Membership. If you're not a current member the cost is \$20/month to join.

Training will be held at various locations within Turnstone. Registered participants will receive weekly location spots.

Staff:

- **Tim McCullough** (Lead Physical Therapist)
 - Doctor of Physical Therapy
 - Adaptive & Inclusive Trainer
- **Jake Czechowski** (Sports Development & Outreach Coordinator)
 - U.S. Women's Goalball Team Head Coach ... 2017-2023
 - Podium 10 times (2 Gold, 6 Silver, 2 Bronze)
 - Goalball Center of Excellence Resident Coach ... 2019-2023
- *Training sessions are designed to be physically challenging.*
- *Sessions will include the use of weights, resistance bands, and various techniques to stress cardiopulmonary performance.*
- *Participants must have the capacity to comprehend safety awareness and general exercise principles as well as follow detailed directions.*
- *Participants must be able to self-initiate exercise routines with safety and understanding. Supervision will be present to facilitate a safe environment and assistance will be provided by staffing in order to ensure optimal benefit for participants.*



Questions? Contact Kevin

Kevin Hughes, CARSS II
Manager of Sports

✉
☎ (260) 969-7654