

BE

JOIN

CREATE



WHY SHOULD I JOIN NEDS?

**Student
Athlete
Benefits**



Physical Health
Psychosocial Health
Self-Concept
Social Integration



Chronic Diseases
Secondary Health Conditions
Anxiety & Depression

**Volunteer
Coach
Benefits**

Opportunities for mentorship to raise athlete's awareness of their own abilities to facilitate, enrich, & inspire participation.



"[I've] done things I never thought I could do."
"I've never felt so accepted anywhere else but here."
"If you want to help people enjoy a sport you love, this is a great way."

- Wendy, 8 year Student Athlete, 4 year Volunteer Coach

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WHY SHOULD I JOIN NEDS?

**To Try
Something
New!**

**To Have
Fun!**

**To Meet
New People!**

**To Increase
Your
Confidence!**

**To Mentor
Others!**

**To Join a
Family!**

**To Support
Individuals
with
Disabilities!**

**To Conquer
a Sport!**



**"[I've] done things I never thought I could do."
"I've never felt so accepted anywhere else but here."
"If you want to help people enjoy a sport you love, this is
a great way."**

- Wendy, 8 year Student Athlete, 4 year Volunteer Coach

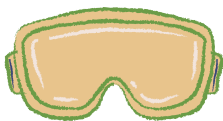
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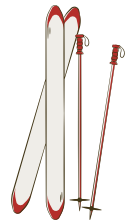


WHAT SPORTS CAN I PARTICIPATE IN?



ALPINE SKIING

CYCLING

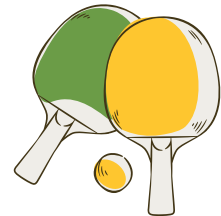


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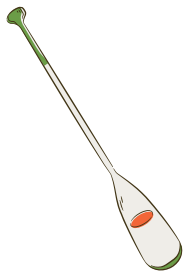


MOUNTAIN BIKING

NORDIC SKIING



PICKLEBALL



PADDLING

SNOWBOARDING



SNOWSHOEING



New England
**DISABLED
SPORTS**



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JOIN OUR TEAM!

DARE TO CONQUER



DARE TO ACHIEVE

**CALL (603) 745-9333
TO PARTICIPATE!**

INSPIRE A SMILE



MAKE A DIFFERENCE

**APPLY HERE TO
VOLUNTEER!**



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LEARN MORE ABOUT NEDS!



Summer
Volunteer
Experience



Athlete to
Volunteer
Experience



In-Depth
Summer Volunteer
Experience



Info.nedisabledsports.org



@nedisabledsports



603.745.9333 - @ Loon Mountain
603.278.3398 - @ Bretton Woods



@NeDisabledSport



New England Disabled Sports



@NEDisabledSports



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Hear From Our Student Athletes!



..... Testimonials:



“I am stronger and more outgoing. I love trying new things.”

“[NEDS] has been incredibly helpful for my mental health and even my physical health.”

“You [NEDS] are family, and when people say you can’t always pick your family, you are a family that I would’ve wanted to pick.”



..... Advice:



“Remember, you can do anything it just might be done differently.”

“Don't think too much about the ‘can'ts’ and keep your mind open to possibility.”

“If you feel like you can’t do any sports because you are physically or mentally challenged, let the staff and volunteers at NEDS prove that wrong.”

