



# PARA-ATHLETE SPORT OPPORTUNITY

## CIF SUPPORTED EVENTS IN HIGH SCHOOL SPONSORED SPORTS OF TRACK AND FIELD AND SWIMMING

### **DID YOU KNOW?**

In November 2015, the California Interscholastic Federation (CIF) partnered with Special Olympics, U.S. Paralympics and the California Department of Education to provide opportunities for students with physical or visual disabilities to participate in high school athletic programs. These students now have opportunities to participate in CIF Para-athlete programs, modeled after U.S. Paralympic sport offerings. Currently there are events for Para-Athletes in the CIF State Championships for Track and Field and Swimming.

### **WHAT EVENTS ARE CURRENTLY OFFERED?**

Track and field Para-athlete events currently include 100m, 200m, 400m and shot put for boys and girls. Swimming Para-athlete events currently include 50m freestyle and 100m freestyle for boys and girls.

### **WHO IS ELIGIBLE?**

Any high school age student with a physical or visual disability is eligible to participate with their high school track and field or swimming team. The student must have their physical or visual disability on file with their high school. See below.

### **HOW DO I GET INVOLVED?**

Contact the coach of your high school's track and field or swimming team. The intent and goal of the Para-athlete events of the CIF championships is for the student with a physical or visual impairment to be integrated into the existing high school team. Eligible students with a disability will participate in the same practice and competition schedule as their peers.

### **WHAT ABOUT EQUIPMENT?**

Paralympic Sports Clubs are in the communities around the state of California that can provide equipment support. Paralympic Sport Clubs are prepared to assist schools and students with equipment needs such as racing chairs or throwing chairs as appropriate. The Challenged Athletes Foundation also provides a grant program to help with equipment needs to individual athletes.



Any high school age student with their physical or visual disability on file with their high school. Students must be able to move independently. Examples include:

Spina Bifida

Cerebral Palsy

Brain Injury

Spinal Cord Injury

Limb loss, amputation, limb differences

Restricted range of motion due to disability

### **WHERE DO I FIND MORE INFORMATION?**

For info on the Para-athlete competitions supported by the CIF state championships, visit:

[www.cifstate.org/inclusive/para-athlete](http://www.cifstate.org/inclusive/para-athlete)

Additional information on Paralympic sport can be found at: [USParalympics.org](http://USParalympics.org)

Additional information about the Challenged Athletes Foundation at: [www.challengedathletes.org](http://www.challengedathletes.org)

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