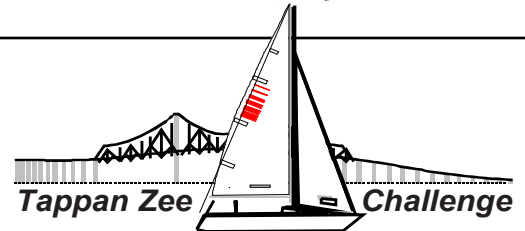


The Sonar Fleet 23 5th Annual Tappan Zee Challenge ADAPTED SAILING PROGRAM



Open to people with disabilities, rehabilitation professionals and volunteers interested in learning more about adapted sailing.



Introduction to Adapted Sailing

Thursday, May 6, 2010 • 6:00-7:30p.m. • Nyack Boat Club, 59 Gedney Street, Nyack, NY

Free of Charge – Review mobility techniques & perform lifejacket screening*

**Required in order to go on a sailboat.*



Adapted Sailing Clinic

Friday, May 14, 2010 • Nyack Boat Club, 59 Gedney Street, Nyack, NY

Free of Charge.

11:30-12:30p.m. – Lunch

12:30 -4:30 p.m. – Meet & Greet Paralympians, Rotation Sessions on the Water* (weather permitting)

**Note-Must do review and lifejacket screening to go on a sailboat.*

4:30-5:30 p.m. – Hospitality Hour ~ 5:30-6:30 p.m. – “Tricks of the Trade” Roundtable



Tappan Zee Challenge Regatta

Saturday, May 15, 2010 • Nyack Boat Club, 59 Gedney Street, Nyack, NY

Free of Charge.

2:30-5:00 p.m. – Regatta Spectators (watch sailors of all abilities compete)

5:00-6:00 pm: Hospitality Hour ~ 6:00 pm: Dinner: \$17

Payment for dinner required by May 4. Make checks payable to Peter Brooks-TZ Challenge (note in memo: # of dinners).

Mail to: Peter Brooks, 34 Wootton Road, Essex Fells, NJ 07021

Pre-registration required by May 1, 2010. Space is limited.

** Note: Previous participants need not attend Introduction Class, but MUST pre-register to sail.*

**Questions??? Contact Matthew Castelluccio at 845-786-4950 or email at castellucom@helenhayeshosp.org
www.helenhayeshospital.org or www.nyackboatclub.org.**

Mail form to: Matthew Castelluccio, Adapted Sports Coordinator, Helen Hayes Hospital, Route 9W, West Haverstraw, NY 10993

Dates attending: Thursday, May 6 Friday, May 14 Saturday, May 15 Saturday, May 15 for Dinner

Name: _____ Sailing Experience: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Volunteer Rehabilitation Professional Participant Diagnosis: _____

Mobility Device(s) Used: Manual W/C Power W/C Walker Cane Crutches Other Needs: _____

(Sailing Flyer)