



A publication for the
Disabled Sports USA
Empower Youth Sports network
April 2020



Empower Youth Sports

The goal of the **Empower Youth Sports** program is to empower youth with disabilities to experience the power of sports through training and adaptive equipment grants and educational materials!

[Tell us what you need from DSUSA today!](#)

STAY CONNECTED!

DSUSA is looking to connect more with you! We want to know how you are staying active and engaged at home, what your most recent accomplishments are, and anything exciting that is happening in your life!

We have a great network of athletes across the United States in over 150 chapters and want to help you towards your goals as an athlete! Keep in touch through our monthly newsletter and check out of Virtual Events page for ways to stay moving during this time!



[Check our DSUSA's Virtual Events here!](#)

POP CULTURE

#adaptathome



Join the #adaptathome challenge to encourage our adaptive sports community to stay safe, stay active, and stay connected during this unprecedented time!

Here are the three simple steps to engage:

1. Create a quick video or take a photo of how you are staying active during the COVID-19 pandemic.
2. Share the video or photo on your social media, tagging [Disabled Sports USA](#) and using #adaptathome.
3. Challenge your family, friends, or neighbors to do the same: Tag a friend, or two, or 10. They have 24 hours to complete the challenge.

Check out this video from [U.S. Paralympics U.S. Paralympics Snowboarding Medalist \(and nurse\) Brittani Coury](#).
Let's #adaptathome together!



POSITIVE AFFIRMATION OF THE DAY

"I have the power to create change."

A positive thought leads to positive actions, so take a moment throughout the day to remind yourself that you are in control of your own destiny. You have a flame inside of you and adapted sports fuels your fire! Keep pushing, keep moving, and follow your dreams.

GET MOVING TODAY!



DSUSA and TrueSport is hosting a panel featuring elite athletes on Wednesday, April 8th, 2020 focusing on [Redefining Fitness at Home](#)! Learn how to move at home, ask athletes questions live, and take their challenge to #adaptathome.

[Register Today!](#)



YUMMY EATS

Do you feel like you're sitting at home all day and eating for no reason? We totally understand and are right there with you!

In partnership with [TrueSport](#), Disabled Sports USA posts healthy tips on how to eat nutritious and delicious food. Check out the [Nutrition](#) section of our [Athlete Wellness](#) web page [here!](#)

JOCK JAMS

What is your favorite workout song of the day?

Can't Hold Us - Macklemore and Ryan Lewis

Select

RITMO - The Black Eyed Peas ft. J Balvin

Select

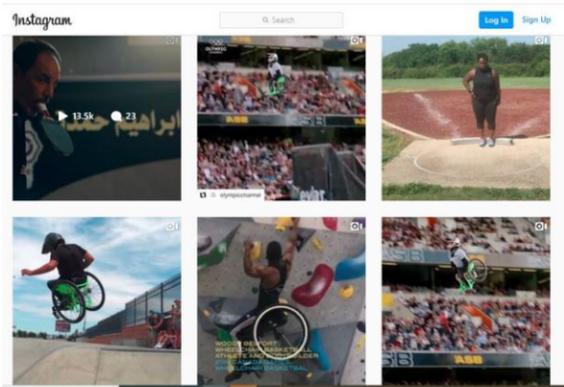
Stronger - Kanye West

Select

Wake Me Up - Avicii

Select

#EVERYBODYEVERYATHLETE



As part of a campaign through [The Olympic Channel](#), they are featuring athletes with all abilities training for different sports! Using the hashtag #EveryBodyEveryAthlete, you can find elite athletes information and videos of how they are currently training.

ATHLETE OF THE MONTH

DSUSA ELITE TEAM ALUMNI

Jenna Fesemyer



Jenna Fesemyer is a 23-year-old Disabled Sports USA E-Team Alumni who recently graduated with her Bachelor's degree in December 2019 with a degree in Kinesiology from The University of Illinois at Urbana-Champaign. A Team USA Track and Field Athlete and 2019 Boston Marathon finisher, Jenna is currently working out in 10 sessions per week with her coaches and teammates and it has not lightened up during this time! Although she isn't training with her whole team at one time, she is able to work out in groups of 3 on the road and in a weightlifting gym. Fesemyer says, "I didn't join wheelchair racing for the medals, for the fame...I joined it for the day-to-day process of trying to be my best every day and working with my teammates. The true gift of all of this is just enjoying that day to day process, still with only 1 or 2 teammates but you're still in it together."

Although many of her races have been cancelled or postponed at this time, she is looking forward to competing in the Boston and London Marathon in Fall 2020 and enjoying the sunshine with her friends! While training for these elite level races, Fesemyer will also be starting her Master's degree in Higher Education in August at The University of Illinois at Urbana-Champaign. Even though her time is filled with training and being a Resident Director on her college campus, she encourages athletes to "be gentle to yourself during this time, because everything looks different to everyone, training looks different, our day-to-day looks different, our interactions look different. So be gentle to yourself during this time of change and truly just enjoy the day-to-day process of finding your new normal and we will get back to our old normal soon, but for now just live in the moment and be grateful."

Nominate the next Athlete of the Month [here!](#)



ATHLETE RESOURCES



GRANTS



SPORT RESOURCES

Want to stay in the loop and need more information?
Contact Bre Podgorski at bpodgorski@dsusa.org
or visit www.disabledsportsusa.org