



Ninth Annual Fit-IN Conference
BLIND SPORT EXPO
@ CNY Family Sports Center



4:30 – 8:30 PM on TUESDAY, OCTOBER 26, 2021
CNY Family Sports Center - 7201 Jones Road - Syracuse NY

**This year's conference is made possible by a grant from the
J. Henry & Martha E. Deboer Fund at the Central New York Community Foundation
and a partnership with Camp Abilities and the SUNY Brockport
Institute of Movement Studies for Individuals with Visual Impairments.**

Find out more:
FitnessInclusionNetwork.org
CampAbilities.org

**BLIND SPORT EXPO
@ CNY FAMILY SPORTS CENTER**

**4:30 PM
Welcome!**



We welcome you to the CNY Family Sports Center

Peyton Sefick will welcome everyone on behalf of the Fitness Inclusion Network.

Lauren Lieberman, PhD will welcome everyone on behalf of Camp Abilities and introduce the student volunteers from SUNY Brockport.

Lauren Lieberman, PhD is a Distinguished Service Professor in the Kinesiology Department at The College at Brockport, State University of New York (SUNY) in adapted physical education. She started her career teaching at The Perkins School for the Blind in the Deafblind program. She is co-director of The Institute on Movement Studies for Individuals with Visual Impairments or Deafblindness (IMSVI) (www.brockport.edu/IMSVI). She is the founder and director of Camp Abilities: An educational sports camp for children with visual impairments. Camp Abilities has been replicated in 20 states and eight countries (www.campabilities.org and www.campabilitiesworld.com). Most recently she has been awarded a Global Fulbright Scholarship to promote Camp Abilities world-wide.

All attendees will be assigned to a group (A-D) to participate in activities during the Expo.

**4:40 PM
Activity Session 1**



Group A – Goalball
Group B – 5-a-side soccer
Group C – Running, jump rope, and cycling
Group D – Orienteering led by *Russ Myer*

Russ Myer, PT, PhD, CAS is Executive Director of the Capital Region Nordic Alliance, Inc. He is also a Microsoft Soundscape Vi O&M, TrailO Program Administrator; on the International Paralympic Committee/World Para Nordic Skiing Classifier; and on the International Orienteering Federation-Trail Orienteering Commission for sighted and visually impaired. Capital Region Nordic Alliance, Inc. (CRNA) is an outdoor recreation alliance that seeks to provide opportunities for residents with a variety of mobility/visual impairments to engage in Nordic sports on a year-round basis. CRNA is an organization incorporated by the State of New York and IRS as a not-for-profit charitable organization, 501(c)(3) status as well as a US Paralympic Sport Club and Move United Chapter focusing on Nordic sports.

**5:20 PM
Activity Session 2**

Groups rotate to the next activity!

Group A – 5-a-side soccer
Group B – Running, jump rope, and cycling
Group C – Orienteering
Group D – Goalball

6:00 PM
Dinner and Panel Discussion



Visit the Jonhoben Room to get food, then return to the bleachers to hear from a panel of athletes with visual impairments. The panel will be moderated by *Peyton Sefick* and *Lauren Lieberman* and include the following panelists:

David Marino is the Founder and Executive Director of Eye Got This Inc. a small nonprofit promoting physical activity, running and guide runner training for visually impaired athletes. David is also the Senior Director of Access & Ability at the YMCA of Central New York which seeks to ensure inclusive programming for all abilities at the YMCA. A visually impaired athlete himself David refuses to give up being physically active and continues to enjoy running, lifting, kayaking, biking and more.



Megan Hale is a student at SUNY Brockport studying Physical Education with plans to go into the Adapted Physical Education concentration. She has been participating in sports since she was little. She used to be a camper at Camp Abilities and is now a coach at Camp Abilities. She has been working with Russ Myer and the Trail Orienteering crew for a year now. She works as a ViB Inclusion Coordinator to verify the trails and make sure they are accessible for blind users.



Andrew Mead-Colegrove is a first-year student at SUNY Brockport majoring in Social Work. He really likes to play sports and has participated in Camp Abilities since he was 9 years old. Currently he is a goalie for the National Team USA blind ice hockey and loves to play goalball.



Peter Rifenburg is a senior studying Adapted Physical Education at SUNY Brockport. He got into cycling as a young child as that was really the only activity he was allowed to have. Reaching junior year of high school, he joined the track team and discovered his love for running. This led him to getting into the sport of triathlon and he has been happily competing in triathlons and races all across North America.

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| 7:00 PM Activity Session 3 | Group A – Running, jump rope, and cycling Group B – Orienteering Group C – Goalball Group D – 5-a-side soccer |
| 7:40 PM Activity Session 4 | Group A – Orienteering Group B – Goalball Group C – 5-a-side soccer Group D – Running, jump rope, and cycling |
| 8:20 PM Closing Words | <p><i>Lauren</i> will bring everyone together to reflect on the evening.</p> <p>Thanks to generous grant support, twenty youth will each receive a Guide Running Kit, Jump Rope to Fitness Kit, and a 5-a-Side Soccer Startup Kit to take home so they can enjoy the sports with their families and school communities.</p> |
| 8:30 PM The End | Goodbye! |



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**Institute of Movement Studies for
Individuals with Visual Impairments**

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Fit-IN Planning Committee

Christine Pelis, DPT, Golisano Center for Special Needs, SUNY Upstate Medical University

Lauren Lieberman, SUNY Brockport and Camp Abilities

Mary Carney, Independent Consultant

Nienke P. Dosa MD, MPH, Golisano Center for Special Needs, SUNY Upstate Medical University

Peyton Sefick BA, Golisano Center for Special Needs, SUNY Upstate Medical University

Conference Sponsors:

The Blind Sport Expo is made possible by a grant from the J. Henry & Martha E. Deboer Fund at the Central New York Community Foundation Medical University

Special Thanks:

CNY Family Sports Center

Upstate Foundation

Golisano Center for Special Needs

Institute of Movement Studies for Individuals with Visual Impairments

Russ Myer, Capital Region Nordic Alliance

David Marino, Eye Got This Inc. and the YMCA of Central New York

Megan Hale, SUNY Brockport

Andrew Mead-Colegrove, SUNY Brockport

Peter Rifenburg, SUNY Brockport

And all the SUNY Brockport, SUNY Cortland, and SUNY Upstate Medical University student volunteers:

Anthony Novoa

Austin Smith

Brittney Kuhn

Cameron Salce

Christian Mangerian

Cody Conte

Desiree Palmatier

Emma Burtsen

Eric Tuttle

Evelisse K. Viamonte

Gaby Ruiz-Chiang

Haydn Carr

Jessica Comito

Joshua Kenna

Kyle Tirone

Lindsay Malile

Lindsey Rau

Luke Moore

Maddy Locastro

Mandi Lucas

Nicole Orcutt

Olivia Anderson

Sara Dewey

Sarvin Salar

Sophia Simeone

Tina Iannacchino

Vanessa Chicas

Zahra Shahi



Find out more:

FitnessInclusionNetwork.org
CampAbilities.org