

Extreme Sports Camp: A Profile

"The Extreme Sports Camp is my son Andrew's all-time favorite experience to date. The very well trained staff made my son feel like the most loved kid on the planet! The activities were so unique, well planned and executed....it made all of Andrew's friends say 'Why doesn't our camp do such fun activities?' Andrew conquered fears, made new friends and loved every activity and every counselor. Thank you all for so obviously putting your heart and soul into this camp!" – *Extreme Sports Camp parent.*

Camp Mission:

Extreme Sports Camp's mission is to enhance the health, abilities, personal growth and social engagement of people with autism through challenging, attainable and enjoyable athletic programs which lead to the incorporation of recreational sports into daily life.

Along the way, participants develop a sense of teamwork, camaraderie, community and belonging. Personal growth and independence can emerge. This approach can foster the long-term incorporation of recreational sports into daily life. The personal gain of each participant can increase the health, happiness and sustained wellbeing for the entire family.

Camp Philosophy:

Unlike their typical peers, children and adults with autism spectrum disorders (ASD) have few opportunities to experience the more advanced, age-appropriate physical activities which truly challenge them. Extreme Sports Camp provides this opportunity and the underlying instructional approach to realize it.

The sports chosen by Extreme Sports Camp foster motor planning and skills that can lead to higher cognitive functioning and improved behavior. The activities chosen can be individualized, are free of complicated rules, and are intrinsically fun and motivating no matter what level of mastery is achieved.

The goals for their campers are fourfold:

- to foster the long-term incorporation of recreational sports into daily life which is so important to human physical and mental health;
- to improve cognitive, linguistic, motor and social skills through physical action and group interaction;
- to promote personal growth and independence; and
- to have a FUN experience.

Campers come to camp with a parent or aide, or the family can choose to hire one of our counselors to be the camper's aide. Camp activities include Hiking, 2 man kayaking, Rafting, Wake Boarding, Wake Surfing, Water Skiing, Tubing, Knee Boarding, Jet Skiing, Climbing (indoor and outdoor), Low and High Ropes course, Rock Hopping (like bouldering only smaller rocks), Mountain Biking, Swimming, Water Slide, Natural hot springs, Yoga and Breathing exercises.

Learn More

To reserve your spot during the summer sessions or to learn more about Extreme Sports Camp, please visit www.extremesportscamp.org.

See Extreme Sports Camp in Action:

<http://www.youtube.com/watch?v=lrzEu2vFyH0>

Watch ABC World News story on Extreme Sports Camp:

<http://abcnews.go.com/video/playerIndex?id=8512194>

