

PRAIRIE GRIT

ADAPTIVE SPORTS

DECEMBER 2022 NEWSLETTER

WITH **GRIT** ANYTHING IS POSSIBLE



To Our Participants, Our Supporters, and Our Community:

What a year it has been! It has been our best year yet, thanks to our participants, their families, volunteers, and our caring community! Our participants continue to show us what GRIT really means—having the determination and drive to push through any challenge. I continue to be inspired and motivated by all our participants and their unique abilities.

We have solidified our partnership with the Minot Family YMCA and have a home for those in our community with different abilities for their recreational, fitness, and therapeutic needs and interests.

Our pediatric therapy services are growing and flourishing within the YMCA. In early 2023, we will add speech and language therapy services and continue to grow our team to provide the gold standard of therapeutic intervention in a fun and motivating environment.

It is my honor and privilege to change what youth and adults with different abilities have thought was possible. To not only achieve their goals, but to surpass them. I couldn't be more excited to continue on this journey with my amazing team.

See you in 2023!

Krystal Butgereit, Executive Director





Since 2016, Prairie Grit has hosted 250+ participants, 550+ volunteers, 40+ adaptive sports and recreational opportunities.

Participants and their families joined us from all across the state and even from across some borders! They've come from Jamestown, Grand Forks, Bismarck, Mandan, Fessenden, Carpio, Stanley, Burlington, Rugby, Granville, Dickinson, Oxbow, Glenburn, Crosby, Williston, Max, Minot AFB, Berthold, Harvey, Minot, Westby, MT and Moorhead, MN.

Participants we've met have a variety of different abilities, including: cerebral palsy, spina bifida, autism, traumatic brain injury, stroke, amputations, spinal cord injuries, William's syndrome, epilepsy, muscular dystrophy, spinal muscular atrophy, Down syndrome, arthrogyrosis, cancer, Dandy Walker syndrome, hearing impairment, visual impairment, saethre-chotzens syndrome, developmental delay, juvenile rheumatoid arthritis, Duane syndrome, encephalopathy, microcephaly, Jordan's syndrome.



Since 2017 Qdoba has donated 1% of sales from the Minot, Dickinson, and Williston locations totaling over \$340,000 to date.



Hess Corporation made a generous donation of \$40,000 to assist with the expansion of the Prairie Grit Therapy Clinic to help individuals with therapeutic needs thrive.

Thank you ALL for your continued support of Prairie Grit Adaptive Sports!

