

PRAIRIE GRIT

ADAPTIVE SPORTS

DECEMBER 2020 NEWSLETTER

WITH GRIT ANYTHING IS POSSIBLE



To Our Athletes, Our Supporters, and Our Community,

As the end of the year draws near, I would like to take this opportunity to thank all of you for an amazing year. The success of Prairie Grit Adaptive Sports is based on the support of our participants and our community, and we really would not be where we are without you. Over this past year we have had experiences together we will remember forever, learning new skills and trying new things. We had 20 new athletes join Prairie Grit Adaptive Sports this year! I am grateful for the opportunity to work with, and for you. Our passion for providing sports opportunities for those living with physical and mental disabilities remains strong.

This year has been filled with a multitude of both challenges and victories. No matter what challenges we faced staying active and healthy, we have persevered together as a team. As the end of the year approaches, I am so excited for all that 2021 has in store for us - new athletes to join our team, new sports and recreational opportunities for our athletes and the beginning of therapy services within the YMCA.

Working together with everyone on the Prairie Grit Adaptive Sports team has been a pleasure and I'm proud to have you all with me on the journey. Best wishes, happiness and health to you and your families over the holiday season. We'll see you in the new year!

Krystal Butgereit
Executive Director





Since 2016 Prairie Grit has had over 200 participants, over 350 volunteers, and has offered 31 sports and recreational opportunities for our athletes.

Prairie Grit Now Offers:

- Adaptive swimming lessons and swim meet
- Adaptive gymnastics
- Track and field
- Brady Samson Memorial Water Sports Day
- Adaptive tennis lessons
- Indoor biking
- Bottineau Winter Park skiing and tubing
- YMCA Summer Unplugged
- Adaptive fishing day
- Wheelchair sports
- Archery
- Adaptive rock climbing
- Cross country
- Adaptive golf lessons and golf meet
- Softball
- Scheels Pedals and Pie Bike Group
- Triathlon training
- Nerf on the Turf
- Summer Mileage Challenge
- Virtual Endeavor Games
- Hunting

We Have Big Things Planned for 2021!

- PGAS Sled Hockey Classic Sled Hockey Tournament
- Wheelchair basketball camp
- Ice fishing day
- Martial arts
- Adaptive volleyball
- Adaptive CrossFit
- Adaptive Sports Extravaganza
- Inaugural PGAS 3-on-3 Wheelchair Basketball Tournament
- Adventure Camp at Triangle Y Camp
- Outdoor sled hockey
- Adaptive cheerleading
- Adaptive yoga
- Indoor tennis
- Pediatric therapy services at the YMCA

Since 2017 Qdoba has donated 1% of sales from the Minot, Dickinson, and Williston locations totaling \$215,819 to date!



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

