

PRAIRIE GRIT

 ADAPTIVE SPORTS

SEPTEMBER 2020 NEWSLETTER

WITH **GRIT** ANYTHING IS POSSIBLE



Prairie Grit participants had a busy summer participating in adaptive tennis, adaptive track and field practices and meets, pedals and pie biking group with Scheels, a night of softball with the Minot Storm Fastpitch girls, adaptive golf lessons, an evening at the Velve Wildlife Club, completing at home activities through Summer Unplugged with the staff at the YMCA, and completing 500 miles walking, biking, running, kayaking, and rolling celebrating with an ice cream party thanks to Pride Dairy!

The 2nd Annual Adaptive Fishing Day

The fish were biting even though the wind was blowing for the 2nd Annual Adaptive Fishing Day held on July 9th at Van Hook. 17 boats headed out in windy conditions with adaptive fishermen and women of various ages reeling in fish left and right!

"We've been so lucky in that both years we've done this the fishing has been great and the days have been flawless. We love doing it and this year the fishing was better that day then it was all summer!" said Kerry Beechie, who took the lead on this event the last two years.

A picnic lunch and awards ceremony was held at the park following the big day on the water. Sponsors for this event included: Qdoba, Hess, Gas Stop, Big Rock Sports, 4th Avenue Dairy Queen, Jackson Taxidermy Studio, and Hiddenwood Sportsmen's Club of Makoti.

The 2nd Annual Brady Samson Memorial Water Sports Day

It was a beautiful day for the nearly 20 athletes who participated in the second annual Brady Samson Memorial Water Sports Day on August 8th. Participants had the opportunity to water ski, tube, kayak, and swim throughout the day.

The Brady Samson Memorial Water Sports day is possible due to partnerships with Sporting Chance out of Bismarck and Annie's House Adaptive Recreation Program out of Bottineau. Amazing sponsors including: Qdoba, First International Bank and Trust, Hess, First Western Bank and Trust, Pride Dairy made the day possible and free of charge for participants.

Third Annual Golf Scramble

It was another fantastic day at Vardon Golf Club for the Third Annual Prairie Grit Golf Scramble on June 8th! We had a full slate of teams with 156 golfers and beautiful weather. The adult scramble was preceded in the morning by Prairie Grit's first youth golf tournament with a putting, driving, and 2-hole contest.

It was a record-breaking year for funds raised thanks to the participation and support of the Minot community. These funds are critical to Prairie Grit's mission of providing year-round sports and recreational opportunities for youth and adults with disabilities.

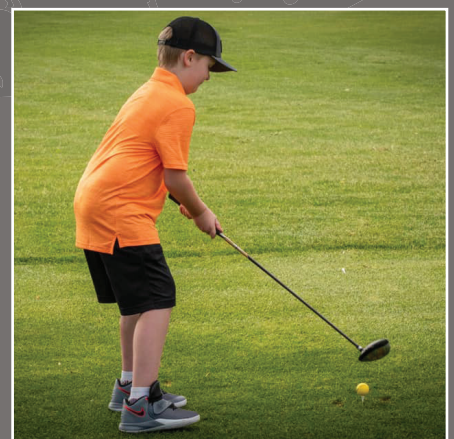
As always, Vardon Golf Club and their staff were key partners in helping us run a very successful golf tournament and provided a great course to play.

A big thanks to our tournament and hole sponsors for their continued support of Prairie Grit Adaptive Sports: Cameron Stone – Edward Jones, First International Bank & Trust, Integrity Outdoor Living, Vibeto Orthodontics, Copperhead Corporation, Minot Hockey Boosters, Pride Dairy, Nodak Insurance – Kelsey Holt, Northridge – John Zimmerman, Drill Chem, Ryan Dealerships, United Community Bank, Starving Rooster, Vardon Golf Club, Qdoba, Verendrye, Integrity Viking Funds, Sund Manufacturing, ND Realty Group, Rolac Construction, Magic City Beverage, Brady Martz, Horizon Chiropractic, IMM, FIBT Private Wealth Management, All American Trophies, Craftwell Architect, Premier Chiropractic, Zarr Financial Services, Hefty Seed, Western ND Charity Pro-Am, United Agronomy, Chippewa Resources

Track and Field

Athletes had the opportunity to participate in several track and field events including 50 meter, 100 meter, 200 meter, 400 meter walk/run/roll, long jump, and throwing events with modifications made so everyone could participate.

"We ran the practices like a meet so students could cycle through and participate in every event they wanted to," said Anna Zietz who assisted as coach this summer. "It was really cool to see everyone jump in and have a great time. It also allowed me to have my kids get involved with the program and have fun with everyone" Zietz also enlisted some of her high school athletes to help manage practices.



Zietz added, "We were able to give everyone a chance to try out the race chair. It's a cool piece of equipment that takes some getting used to."

Zietz continued, "It was so much fun. I hope I get to continue coaching next year!"

Prairie Grit teams up with Scheels Pedals and Pie

Prairie Grit athletes joined the Scheels Pedals and pie this summer with two nights of bike rides at Roosevelt Park. Riders were led on the routes by Scheels Experts and ended the ride with pizza from Spicy Pie.

"When Prairie Grit reached out it was a no-brainer. Anything we could do to make our weekly rides easier for them to participate was definitely a priority for us," said Cole Krueger, Events and Marketing Leader at Scheels Minot.

Krueger continued, "The power of Prairie Grit was really evident when one night we had five athletes come to participate, and over 40 volunteers. It was a really special thing to see. We're excited to expand our partnership next summer."

Welcome to our new Board Members

Prairie Grit is excited to announce the addition of four additional board members to assist with the growth and advancement of PGAS.

Ryan Bakke, Shareholder at Brady, Martz & Associates, P.C.

Liz Vibeto, CFL1 Certified CrossFit Instructor and a Registered Nurse

Ben Johnson, Owner at Farmers Insurance Ben Johnson Agency

Marguerite Nessel, Chief Financial Officer at Food Management Investors, Inc.

They join our current board members:

Chad Thompson

Angie Thompson

Cassidy Hjelmstad

Thor Nelson

Chad Richeson

Aaron Vibeto

Meet Averı Bradley!

Meet Prairie Grit's new intern, Averı Bradley! Averı ran the adaptive golf practices this summer and volunteered at countless other events.

Averi is attending Minot State University majoring in Elementary and Special Education. Averi was active in golf, hockey, basketball, and Fastpitch throughout high school and loves to share her passion for being active with others. Her favorite part about Prairie Grit is seeing people succeed in things they didn't think they could do. We are so excited to welcome Averi to the Prairie Grit family!



Upcoming Events

Adaptive Swim Meet

12:30-2 p.m. at the Minot Family YMCA.

- Oct. 3



Wheelchair Sports Open Gym

3-5 p.m. at the Minot Family YMCA.

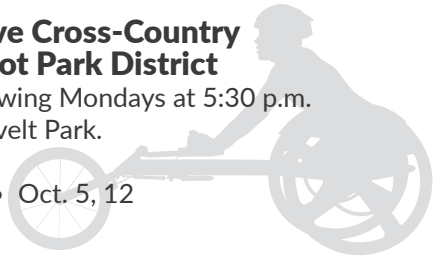
- Oct. 4



Adaptive Cross-Country w/ Minot Park District

The following Mondays at 5:30 p.m. at Roosevelt Park.

- Oct. 5, 12



Adaptive Volleyball

6 p.m. at the Minot Family YMCA.

- Oct. 19



Mule Deer and Water-Fowl Hunting

TBA



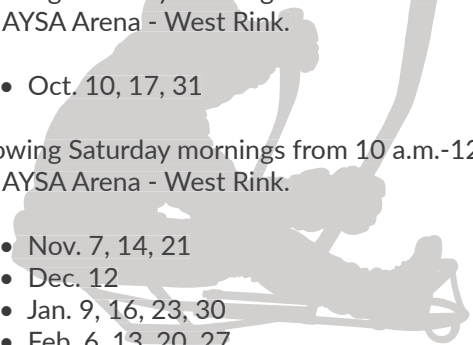
Sled Hockey Practice

The following Saturday mornings from 8-10 a.m. at the MAYSA Arena - West Rink.

- Oct. 10, 17, 31

The following Saturday mornings from 10 a.m.-12 p.m. at the MAYSA Arena - West Rink.

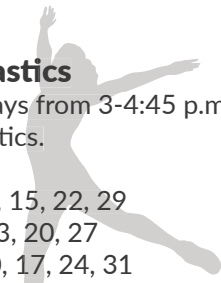
- Nov. 7, 14, 21
- Dec. 12
- Jan. 9, 16, 23, 30
- Feb. 6, 13, 20, 27



Adaptive Gymnastics

The following Sundays from 3-4:45 p.m. at Gymagic Gymnastics.

- Nov. 1, 8, 15, 22, 29
- Dec. 6, 13, 20, 27
- Jan. 3, 10, 17, 24, 31
- Feb. 7, 14, 21, 28
- Mar. 7, 14, 21, 28



Mark Your Calendar

Prairie Grit Adaptive Sports Merchandise Sale

Oct. 16, 17, 18 at Scheels.

Prairie Grit Adaptive Sports 4th Annual Banquet and Family Social

Nov. 7 at the Sleep Inn and Suites in Minot. Ticket Price is \$60.

"Thank you to all of our partners, participants, volunteers, and sponsors for a fun and full summer. We were able to offer so many great experiences and events that made lasting memories thanks to our amazing community."

-Krystal Butgereit, Executive Director