

STARS Program

Sitrin established its *STARS* (Success Through Adaptive Recreation and Sports) program in 2001. It was the region's first adaptive sports program for people with physical disabilities, and is the only one of its kind within a 200-mile radius. The program is devoted to providing a variety of recreational and competitive activities for individuals with disabilities in an effort to improve quality of life.

Benefits of Adaptive Sports:

Athletes in the Sitrin *STARS* program realize substantial physical benefits. Participation also promotes healing, and fosters positive, mutually supportive relationships between fellow athletes, building morale through shared experiences both on and off the playing field.

The Sitrin *STARS* program helps improve:

- ▶ Endurance
- ▶ Balance
- ▶ Strength
- ▶ Coordination
- ▶ Range of Motion
- ▶ Socialization
- ▶ Self-esteem

To Learn More...



Marc DePerno
STARS Director

For more information about the *STARS* program, or to inquire about a sport that is of interest to you, please call Marc DePerno at (315) 737-2459, or visit www.sitrin.com.

Approved Paralympic Sport Club

In 2009, the Sitrin Medical Rehabilitation Center was officially approved by the United States Paralympic Committee as a Paralympic



A Program of the Sitrin Health Core Center

Sport Club. This distinction gives Sitrin a direct connection to the United States Paralympics, which

will open many doors for its adaptive sports program, as well as for its current and future athletes.

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

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www.sitrin.com

In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

A Not-For-Profit Corporation

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STARS Program Success Through Adaptive Recreation and Sports

Stay Active! Stay Well!



Sitrin Medical Rehabilitation Center

2050 Tilden Avenue

New Hartford, NY 13413



Become a Sitrin *STAR!*...

Basketball

The *STARS* wheelchair basketball team features a year-round schedule of practices and games, including competition with regional teams, community groups, and local high school and college students. The popularity of this high-energy sport attracts children, teenagers, and adults who enjoy its intensity and camaraderie with others.



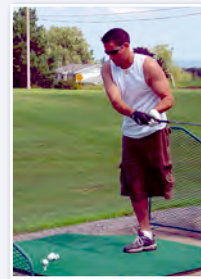
Curling

During the winter, *STARS* offers wheelchair curling in conjunction with the Utica Curling Club. The partnership began in 2002, and the program has since achieved local, national, and international success. Sitrin *STARS* athletes have represented the United States at World Wheelchair Curling Championships throughout Canada and Europe, and have also participated in the Paralympic Games.



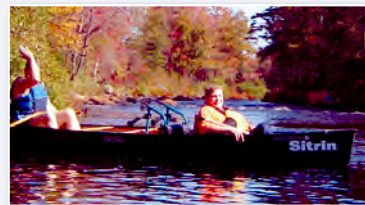
Golf

The *STARS* golf program is offered at Stonebridge Golf and Country Club in New Hartford. An adaptive golf cart is available for use by program participants. The *STARS* program also plays host to the annual First Swing/Learn to Golf seminar and clinic, sponsored by the National Amputee Golf Association and the PGA.



Paddling

Each summer, Sitrin offers an adaptive paddling program to people of all ages who are interested in learning how to canoe or kayak. The program features several workshops to train participants in proper adaptive paddling techniques and safety procedures. Instruction is provided in Sitrin's two pools, and on the lakes of the Adirondack Mountains.



Shooting

Sitrin's adaptive air rifle shooting program is a supervised, certified marksmanship program, launched in cooperation with the Deerfield Firearms Training Facility. It educates participants about competitive shooting, gun safety, equipment, and fundamentals of shooting.



Road Racing

The *STARS* program trains competitors for the Wheelchair Division of America's biggest 15K road race, The Boilermaker, as well as other races throughout Central New York. Many athletes have also participated in the Boilermaker Wheelchair Challenge, which awards racing wheelchairs to athletes who complete the course in less than two hours and 15 minutes while using a standard wheelchair.

