

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Year: \_\_\_\_\_

## Lavelle Sport Modification Master List

Take the sports and activities specific to your camp and make your own packet for your athletes to take with them. If you have other sports to add to this master list please email the Camp Abilities Brockport Graduate Assistants and they can assist you.

Email: [campabilitiesbrockport01@gmail.com](mailto:campabilitiesbrockport01@gmail.com)

### Universal approaches:

- 1) Feel tactile board of sport courts and all equipment prior to activity (pre-teaching).
- 2) Learn all terms and vocabulary for the sport.
- 3) Use tactile modeling or physical guidance along with verbal assistance for skill development for each sport.
- 4) Ask the athlete their preference for equipment and rule modifications.

### **Beep Baseball/ Beep Kickball**

Modifications	Comments
Rubber tee or tee with a spring (hitting)	
Batting gloves with Velcro (hitting)	
Poly spots or carpet squares (hitting stance)	
Consistent pitch technique (live pitch hitting)	
Variation in bat choices	
Guide runner to base	
Variation in ball choices (ones that stay in air longer, etc)	
Constant sound source for bases	

### **Track/Running Events**

Modifications	Comments
Guide runner (running)	
Tether (tether running)	
Talking pedometer or playlist for time (distance/ motivation)	
100 M distance (two anchor points) (guide wire running)	
Clapping- fast to slow	

Treadmill	
Add music so they know where to run	
Guide runner in front with a bright vest	
Circle running	

### Long Jump

Modifications	Comments
Thick gymnastic mats (for landing)	
Beeper for direction (slow to fast beeping)	
Guide wire to take off point	
Counting steps to take off point	
Guide runner to take off point	
Sound source at take off point	
Bright color contrast at take off point (cones possibly)	
Tactile markers near board	
Changes in textures on ground	

### Throwing/Discus/Shot Put

Modifications	Comments
Hula-hoop (stay inside circle)	
Use beep baseball (to hear distance)	
Softball	
Rubber mats or poly spots (for stance)	
Frisbee/taped paper plates/smaller discus	
Taped over rope on the circle (stance)	
Auditory cue for direction of throw	

### Biking

Modifications	Comments

Pedal straps (keep feet in place)	
Bright fluorescent lines	
Spotter (sides of the biker)	
Adapt bike for balance (training wheels)	
Music/commands (follow sound)	
Follow sighted rider wearing bright colors	
Tandem bike	
Balance bike	

### Swimming

Modifications	Comments
Use a physioball or a bench to teach swim skills outside of the pool	
Different sounds for ends of pools (lap swimming)	
Goggles	
Various flotation devices	
Lane lines (stay in respective areas)	
Tapper (long stick with tennis ball or part of pool noodle on end)	
Sprinkler system for signal to the end of pool	
Use AdapTap	

### Gymnastics

Modifications	Comments
Tactile modeling/physical guidance	
Carpet squares	
Slant mat	
Spotter (all skills)	
Low beam (balance beam)	

Updated: 10/23/2018

Wall with padding (headstand)	
Rope with tape over it at end of beam	
Sound source at vault	
Sound source at corners of mat during floor exercise	

### **Low to High Ropes/Climbing**

<b>Modifications</b>	<b>Comments</b>
Proper directional cues	
Feet positioning prompting	
Go through course and feel apparatus	
Tactile board	
Spotters with hands up	
Simulate on the ground- practice movements first	

### **Judo/Wrestling/Martial Arts**

<b>Modifications</b>	<b>Comments</b>
Physical guidance with verbal description	
Taped line boundaries	
Poly spots/carpet squares (teaching equipment)	
Task analyze each move (skill)	

### **Goalball**

<b>Modifications</b>	<b>Comments</b>
Sound from direction to throw (throwing)	
Tactile modeling/physical guidance (throwing/blocking)	
Ready position on knees	
Feel entire court	

Slow ball down	
Modified or smaller goalball	
Verbal description of what is happening during game	

### **Archery**

<b>Modifications</b>	<b>Comments</b>
Coach Assist with Aiming	
Sound source at target	
High contrast color on target	
Consistent cadence	
Orientation between target and where to shoot	
Different strengths of bow and arrows	
Verbal description of what is happening during game	

### **Golf**

<b>Modifications</b>	<b>Comments</b>
Sound source at target, different sounds for different areas of target	
High contrast of targets, use of flags, cones	
Different tactile mats/surfaces to strike from	
Balls with sound source in them	
Various size balls	
Modify size of target	
Various tees	
Walk distance between the start and target (many count strides)	

### **Hiking/Orienteering**

Updated: 10/23/2018

<b>Modifications</b>	<b>Comments</b>
Use Dakota disc tips for shorter distances	
Use two trekking poles for longer distances	
Follow auditory signals from other hikers	
Download detailed instructions for hike (mileage, turns, landmarks) prior to hike	
Hip tether to guide	

### **Kayaking/Canoeing**

<b>Modifications</b>	<b>Comments</b>
Tandem kayaks	
Follow sound source from a lead kayak	
Tactile paddles and where hand grip should be	
Tactile kayak and canoes	
High contrast colors for any landmarks (if possible)	

### **Basketball**

<b>Modifications</b>	<b>Comments</b>
Use cane to feel basketball rim, backboard and rim	
Use a cane to tap rim for directional cue (Can also use a beeper or a doorbell)	
Tactile board of basketball court	
Physical guidance (shooting)	
Two-handed dribble to start	
Point system (1-hitting net, 2- hitting backboard, 3-hitting rim, 4-making contact with square, 5-basket)	
Human guide during a game	
Practice tapping tabletop first to establish consistency	

Updated: 10/23/2018

Different sound at mid court to know player has crossed over	
Remote controlled portable sound source	
Smaller or bigger ball	

### **Stand Up Paddleboarding**

Sound source on land for orientation, or at buoys	
Various size boards and types (stability)	
Sitting on board	
Kneeling on board	
Make the board tactile and where feet should go	
Handle location on the board for body positioning	
Taping the paddle for hand position or adding a tactile band for hand positioning	
Bells on the leaders paddle to follow	
Short direct verbal commands: left side, right side, sweep front to back, sweep back to front, forward stroke right side, forward stroke left side, brake, come to your knees	
Leash as a guide to where the back of the board is if they fall	

### **Disc Golf**

Discs with sound sources	
Sound sources at targets	
High contrast colors for discs and targets	

### **Equipment Resources:**

- **Beep baseball** [www.nbba.com](http://www.nbba.com)
- **Basketball, soccer, football, volleyball with bells** <http://www.braillebookstore.com/Bell-Basketball.1>

Updated: 10/23/2018

- **Trainer goalballs**  
[https://www.athleteshop.com/goalball-trainer-ball-23-cm?as=athlete&kwd\\_id=22219-AGI-31268444333-ASI-176381432709-ASU545KO1F&gclid=CMz16af2ptQCFQGQaQodIjMAiw](https://www.athleteshop.com/goalball-trainer-ball-23-cm?as=athlete&kwd_id=22219-AGI-31268444333-ASI-176381432709-ASU545KO1F&gclid=CMz16af2ptQCFQGQaQodIjMAiw)
- **Goalballs** <https://app.etapestry.com/cart/UnitedStatesAssociationofB/default/category.php?ref=451.0.372404251>
- **Swimming tapper sprinkler** AdaptTap Annie Foos, 419-508-1362,  
[foosannie@gmail.com](mailto:foosannie@gmail.com)
- **Portable Sound Source, Sport Edition (with remote)** APH, <http://shop.aph.org/webapp/wcs/stores/servlet/CatalogSearchResultView>

### **Role Models:**

#### **Swimming**

Brad Snyder

[https://en.wikipedia.org/wiki/Brad\\_Snyder\\_\(swimmer\)](https://en.wikipedia.org/wiki/Brad_Snyder_(swimmer))

Martha Ruether

<http://www.teamusa.org/para-swimming/athletes/Martha-Ruether>

Trischa Zorn

[https://en.wikipedia.org/wiki/Trischa\\_Zorn](https://en.wikipedia.org/wiki/Trischa_Zorn)

#### **Track & Field**

Lex Gillette

[https://en.wikipedia.org/wiki/Lex\\_Gillette](https://en.wikipedia.org/wiki/Lex_Gillette)

Marla Runyan

[https://en.wikipedia.org/wiki/Marla\\_Runyan](https://en.wikipedia.org/wiki/Marla_Runyan)

Pam Magonigle

<http://usaba.org/index.php/about-us/hall-of-fame/>

#### **Biking**

Pamela Fernandez

<http://usaba.org/index.php/about-us/hall-of-fame/>