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## Backgrounder

The National Sports Center for the Disabled (NSCD) offers adaptive lessons for individuals and groups of people with disabilities in a variety of action sports, adventure sports and competitive programs. Athletes with any physical, cognitive, emotional or behavioral diagnosis can participate in sports and recreation programs year-round in Colorado's Front Range and the mountains.

The NSCD's recreational athletes build self-confidence and improve overall health in programs such as skiing, rock climbing, water sports and therapeutic horseback riding. The NSCD's competition program offers a way for independent athletes to compete at an elite level in international alpine and Nordic competitions and to thrive in the camaraderie of the NSCD team environment.

The NSCD began in 1970 providing ski lessons for children with amputations for the Children's Hospital in Denver. Each year, more than 4,000 children and adults with disabilities participate in more than 18,000 lessons to learn more about sports and themselves.

The driving force behind the NSCD is a team of more than 1,700 volunteers who dedicate over 40,000 hours annually to helping people with a disability to ski, snowboard, play team sports and achieve their personal best.

For more information about the National Sports Center for the Disabled (NSCD), visit [www.nscd.org](http://www.nscd.org) or follow us on Facebook (@TheNSCD), Instagram (@NSCD) and on Twitter (@NSCD).