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You give Carol a life free of depression and isolation after amputation



() sportable

WHY I GIVE:

Because Sportable is a game-changer

I was so nervous when I showed up for my first pickleball practice. I was walking with my prosthetic, but trying a quick movement sport was intimidating. But, everyone was so welcoming and encouraged me to get out there and play.

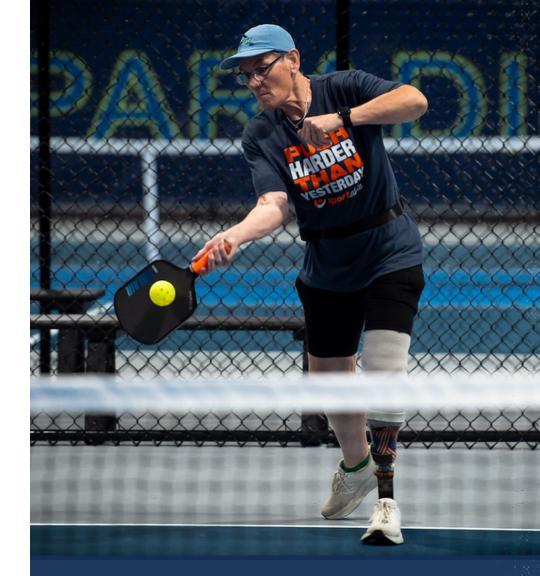
As a new amputee, I loved being in an environment where people didn't stare at me. I could laugh and joke about what I was going through because everyone was going through something as well. I was hooked.

A few months later, I won a gold medal at the Virginia Pickleball Classic. My Sportable friends and coaches were there celebrating with me, and it felt amazing. That's when I knew my years as a competitive athlete were far from over.

Playing sports has improved my agility and physical fitness. Moreover, Sportable has helped me with my confidence. The mental game is at times even harder than the physical.

I became a monthly donor because I have experienced first-hand the joy, hope, and community Sportable gives to those of us with challenging, permanent disabilities.





You transformed Carol's life

While in the Army stationed in Germany, my left foot was crushed.

I endured 20 years of relentless pain and multiple surgeries before choosing to have my foot amputated in 2013.

The chronic pain combined with the loss of several family members and an unexpected knee surgery led to depression and significant weight gain.

I started playing pickleball with Sportable a year ago, but I was out of shape and had trouble moving. That has all changed now.

Sports have contributed to my 156 pound weight loss and I feel better than I have in decades!

When I was isolated and not playing sports, I went into a downward spiral. When I am playing adaptive sports with a community of people with similar lived experiences, I find myself laughing and having fun.

I have achieved so much recently, both physically and mentally, and I am grateful to Sportable for making my transformation possible.

Sportable has helped me live again!

You give adaptive athletes the opportunity to compete on a national stage

Hundreds of sponsors, donors, partners, and volunteers, created the opportunity for over **1,200 adult and youth wheelchair basketball players** from coast-tocoast to compete on a national stage when the NWBA Wheelchair Basketball National Championships made their historic debut in Richmond in 2024.

Sportable teamed up with Richmond Region Tourism to host the tournament at the state-ofthe-art Henrico Sports & Events Center. The event drew nearly 10,000 spectators and resulted in an economic impact to the Richmond region of more than \$1.1 million.

Save the date for April 4-13, 2025 when this top-notch championship experience returns to RVA.

Whether you join us as a donor, volunteer, or fan, this is an **inclusive community celebration** you won't want to miss. I've played in the Wheelchair Basketball Championships over 10 times. Although I'm no stranger to this event, hosting NWBA NATIONALS IN MUSE IN MY HOMETOWN IS A DREAM COME true. 99

> **Dwayne Veney** Sportable Athlete & Board Member



OUR FISCAL YEAR BY THE NUMBERS

900⁺ ONORS & PARTNERS







NWBA NATIONALS BY THE NUMBERS









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Playing basketball and swimming keep Jonah active and help him focus. Sportable also builds his confidence and provides a sense of community with other kids.

- Rebekah, Jonah's mom

Humans are wired for social connection

The U.S. Surgeon General finds people with disabilities are one of the **most atrisk groups for loneliness and isolation.** By creating opportunities for individuals with disabilities to have access to sports, recreation, and wellness programs, we also are providing **access to community.** Camaraderie. Role models. The chance to be a part of something. To get in the game. **To have some fun.** Your donation builds a healthier, more inclusive community for everyone! Donate today to help foster well-being, strengthen connections, and ensure no one is left behind.



ARE YOU READY TO BE A GAME-CHANGER?

Give online, by phone, or by mail

Sportable 1365 Overbrook Road Suite 2 Richmond, VA 23220 Sportable.org/Donate

6 804.340.2991

Z Deborah@sportable.org

Put your donation to work right away.

Scan to give now.



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