



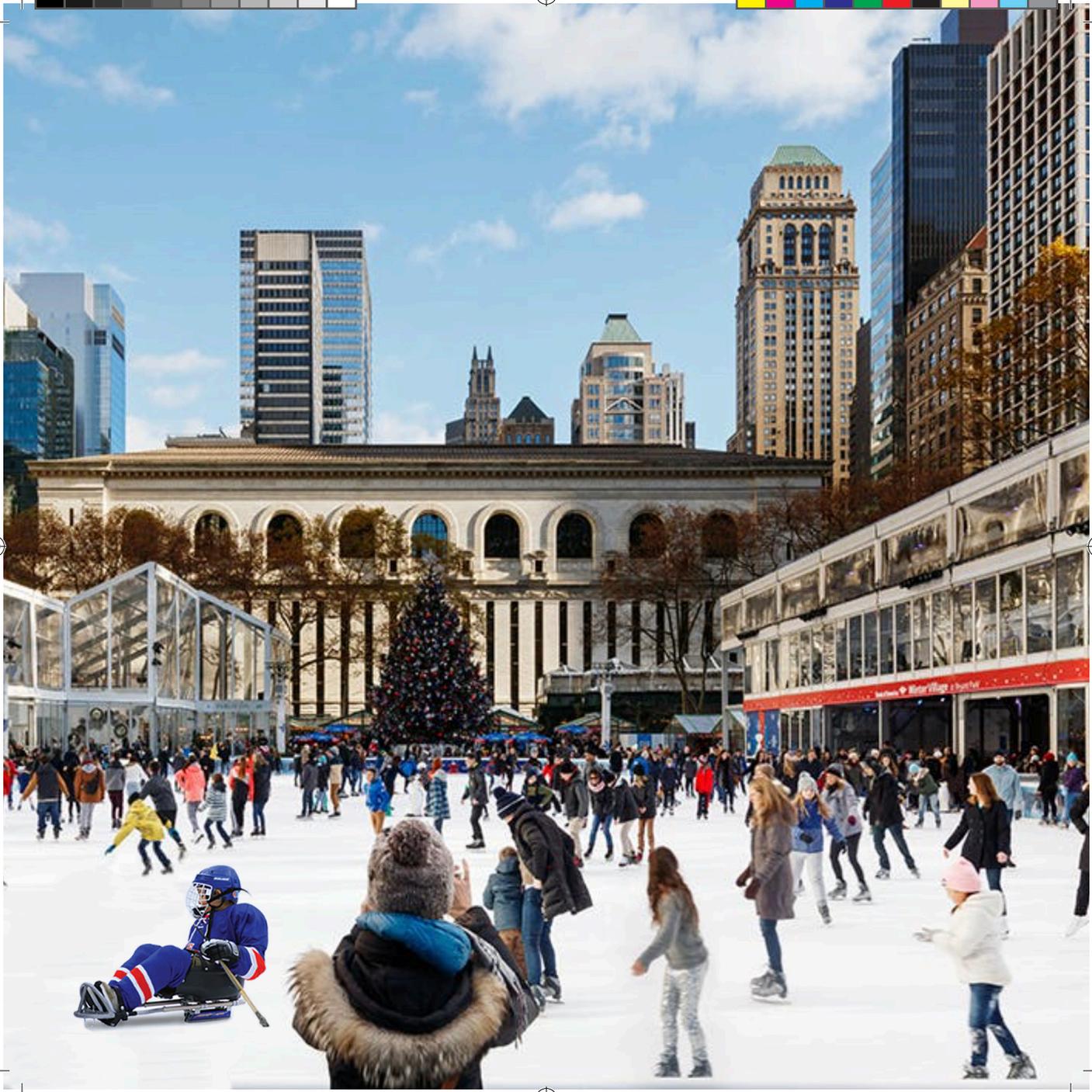
Breakaway 2018



A WSF Sled Rangers Signature Event

Food • Drinks • Skating • Live Auction







Breakaway 2018

Skating Drinks Buffet Dinner	6:00-7:30
Presentation	8:00
Live Auction	8:15
Evening Concludes	9:00

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A Letter from Bill Greenberg

Welcome to Breakaway 2018, our third bi-annual event in support of our sled hockey program. This year's event promises to be the best one yet; Thank you for coming and for helping to be a part it.

Our sled hockey program continues to attract new players and to develop the skills of our older ones. We are teaching more than just the fundamentals of ice hockey – our kids are learning about independence, self-esteem, and self-confidence. They are learning what it means to be on a team, and part of something bigger than themselves. They are learning that they don't have to feel self-conscious or embarrassed about their disability. Nobody asks "What's wrong with you?" or "How come you walk that way?" When they're on the ice, they can forget that they're a little different. They can be just hockey players. The determination and tenacity that our athletes exhibit is truly exemplary, and it makes me wonder whether we are honoring Ranger Legends Mike Richter and Adam Graves tonight, or they are honoring the Sled Rangers?

Our travel team, consisting of some potential Paralympians, played in the annual tournaments in York, PA and Westfield, MA last year, and in 2018 we are adding another tournament in Grand Rapids, MI.

Our partnerships with other organizations also provide opportunities for our athletes to get involved in new things. With Stay-Focused, 7 Sled Rangers to date have travelled to Grand Cayman and become certified SCUBA divers, and we expect to send 2 players per year to this amazing two-year program. And in a new partnership with the New York Road Runners, one of our athletes was a Grand Marshal at the 2017 NYC Marathon!

We recently developed a relationship with MIT, my alma mater, where a Ph.D. student in Mechanical Engineering is doing research on the dynamics of sled hockey. A group of us even went up to Cambridge to help contribute information and data and, in the name of science, we played – and beat – the MIT hockey team in an exhibition game.

And finally, we began a partnership with the National Abilities Center in Park City, Utah. Many of our athletes have done summer programs there and we are planning to take 20 of our sled hockey players to Utah for a week of downhill skiing and other winter sports. All of these cool things are only possible because of the support and encouragement that you provide. My son Sam was only 5 years old when he started playing sled hockey, and 8 when he and I started this program. As he has grown, so has the Sled Ranger program. It's a marvel to me to look at them both, and to think of where we were when we started. By being here tonight, you have helped to make this program possible for Sam, his friends, and to any physically disabled kid in New York City who wants to try. That's pretty amazing. I can't thank you enough.

Bill Greenberg
Commisioner, WSF Sled Rangers



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A Letter from Mayor Bill de Blasio

Dear Friends,

I am delighted to join the Wheelchair Sports Federation New York Sled Rangers in welcoming everyone to its Breakaway Fundraiser.

All New Yorkers deserve the opportunity to participate fully in everything our city has to offer, and that includes the five borough's thriving sports culture. In 2012, the WSF New York Sled Rangers was established, giving young people living with physical disabilities the chance to be part of a competitive sports team. Today, over 60 athletes participate in this terrific sled hockey program, learning the sport and honing their skills, traveling across the United States to compete in tournaments, building confidence, and creating lifelong friendships. As Commissioner Calise and the Mayor's Office for People with Disabilities continue working to improve quality of life for disabled New Yorkers, I am proud to join in applauding the WSF NY Sled Rangers for helping young people reach their fullest potential on and off the ice.

On behalf of the City of New York, I offer my best wishes for a terrific event, an exciting season, and continued success.

Sincerely,



Bill de Blasio
Mayor



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007



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A Letter from the Commissioner, Mayor's Office for People with Disabilities

February 6, 2018

Dear Sled Hockey Players and Friends:

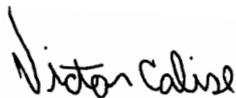
Once again I welcome you to the Breakaway event, where athletes show what they are made of! The Wheelchair Sports Federation (WSF) is the principal provider of adaptive sports for adults, children and veterans with physical disabilities in New York City. These sports programs help improve lives and set people with disabilities up for success.

I applaud the WSF Sled Rangers for their continued success with recruiting children with disabilities from every borough and background to create a truly inclusive and diverse program that truly represents the great city we live in! I am especially excited to see that these athletes are involved in other adaptive sports such as wheelchair basketball, wheelchair tennis and wheelchair racing as well as getting involved in their local NYC Parks Recreation Centers and getting involved on their High School Sports teams.

My office is hard at work and this past July we released the second edition of AccessibleNYC, the State of Persons Living with a Disability in New York City. We are tackling the important issues that face disabled New Yorkers everyday — Transportation, Employment, Education, Health, Housing and Access to everything the city has to offer. For more information on AccessibleNYC please visit nyc.gov/mopd

The City wishes you a successful Breakaway 2018!

Sincerely,



Victor Calise
Commissioner

NYC Mayor's Office for
People with Disabilities



A Letter from the New York Rangers

Dear Friends,

The New York Rangers are pleased to have the Wheelchair Sports Federation Sled Rangers as part of the New York Rangers family, and we welcome you to Breakaway 2018.

The New York Rangers organization values our relationship with the Wheelchair Sports Federation and is proud of their accomplishments with both the adult and children's sled hockey teams. These children with disabilities that reside from all over the New York City and surrounding area are part of the Rangers Family and embody everything in an athlete.

We welcome you to the third bi-annual "Breakaway" event, and we thank you for your commitment to these athletes and the sport of sled hockey. Let's Go Rangers!

Sincerely,



Glen Sather
President
New York Rangers





WSF Sled Rangers, Family Skate at Madison Square Garden.





A Letter from the Wheelchair Sports Federation

Hello All!

Welcome to Breakaway 2018, our 3rd biannual fund raiser for the Wheelchair Sports Federation (WSF) Sled Rangers. The WSF Sled Rangers are made up of boys and girls throughout the NYC area. They are from every neighborhood and are as diverse as it comes.

WSF is a national non-profit that provides opportunities for people with physical disabilities to compete in adaptive sports recreationally and competitively. While adaptive sports such as wheelchair basketball have been around since post WW-II, other adaptive sports like sled hockey, wheelchair softball and football are relatively new to the athletic population. WSF is one of the first organizations to provide adaptive athletes with the opportunity to participate in multiple adaptive sports.

Thank you to our sponsors and you for being here to celebrate the abilities of these boys and girls! We hope to see you on the ice soon!

Sincerely,

John Hamre
President, Wheelchair Sports Federation





About Sled Hockey

History

Sled hockey, or sledge hockey, as it is referred to outside of the United States, originated in Sweden in 1940 and has been played in Europe since 1971. Canada soon followed the trend and boasts the largest program in the world. It was brought to the United States back in 1989 with the first national team at the time based in Minnesota. Today, there are many established programs, for both children and adults, in most areas throughout the United States.

Equipment

Players use the basically the same type of equipment as in “stand-up hockey” with a few exceptions. Players sit in specially designed sleds that sit on top of two hockey skate blades. Each player uses two shortened sticks, and the sticks have metal picks on the butt end to propel themselves across the ice. Movement is achieved by using the metal teeth as a means to grip the ice and push forward. Those players who are not able to push themselves have an additional push-bar attached to the rear of the sled, so that an able-bodied skater can push them from behind. Goalies wear basically the same equipment but do make modifications to the glove. Metal picks are sewn into the backside to allow the goalie to maneuver. In addition, the goalie sled uses plastic ‘blades’ instead of metal to allow the goalie to move laterally as well. At the Paralympic level, the equipment parameters – length of sticks, number of picks, height of sled – are strictly enforced.

Rinks

Only few rinks around the country are sled accessible, which require three main modifications. First, the bench areas should be flush with the ice with no step, so that sled players can remain in their sleds and skate on and off the ice during shift changes. Secondly, the surface area inside the bench areas should be made of plastic or ice to avoid damage to the sleds. Thirdly, the area that is usually plain white boards should be replaced with plexiglass so that players in the bench area can view the action. These modifications don’t cost much money, but they require forethought and planning.

Rules

All of the same ice hockey rules that have been implemented and enforced in regular ice hockey apply to sled hockey, though there are several additions. Of course, it’s not allowed to hit another player with the pick end of the stick, or to handle the puck with hands. The most important addition is the prohibition against “T-boning” or “Teeing”. Teeing is defined as a player making contact with an opponent with any part of the front radius of the sled into his opponent or from the side. A player to tee’s an opponent will be assessed a minor or major plus a game misconduct penalty. There are additional rules for the able-bodied skaters who help to push players who cant push themselves. Pushers can’t skate backwards, can’t screen, can’t advance the puck, can’t jump, and can’t skate faster than the average speed of players on the ice.



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World Ice Arena — Home rink of the WSF Sled Rangers.



2018 WSF Featured Athlete - Justin Walker

My name is Justin. I'm 17 years old and I have cerebral palsy. My life so far has been unique and humbling due to the fact that I'm different physically than most people and I'm ok with that.

I've been in and out of foster care since I was a baby. It was hard but when life gets you down, you get right back up with a smile. But through being in foster care and with the help of my tutor I was able to find sled hockey.

Let me tell you that without finding yourself you can't be your best self and I believe sled hockey has helped me accomplish that.

The team is a family. We stick with each other and encourage and push one another. Through sled hockey I was able to earn my scuba diving license and that was a blessing within itself. Sled hockey has been my escape for many things and I am grateful to play and be around such amazing people that inspire me to be better than I was yesterday.



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2018 WSF Featured Athlete - Josh Stern

Sled hockey has been a wonderful experience for our family. Our son Joshua was born at 28 ½ weeks with a brain hemorrhage resulting in cerebral palsy and quadriplegia. When Joshua was in the neonatal intensive care unit (NICU) one of the doctors advised us to stimulate him with as many therapies and activities as possible.

Joshua has tried many helpful physical therapies, but few physical activities that were as fun as sled hockey. In fact, Joshua refused to play any sports until sled hockey. After an adjustment period of a few months, Joshua was having a blast being pushed around rink and scoring goals. On and off the ice, Joshua has experienced friends, teamwork, competition, discipline, pride and a sense of achievement from sled hockey.

As a family, we love the sport that brings us together each week in a relaxed environment. Hanging out with the other Sled Rangers parents beaming at our happy kids zipping over the ice gives us a big smile. In between cheering, we learn from other parents and share information and stories. We are very thankful for dedication of the people behind the NY Sled Rangers, including Victor Calise, Commissioner of the NYC MOPD, Commissioner Bill Greenberg, Coaches Roxanne Gaudiel and Stephanie Couzin, Assistant Coach Mark Nasca, all the veteran parents, and many others.





2018 WSF Featured Athlete - Allison Wessel



My wife and I have 15-year-old triplet girls, and our daughter Allison suffered a brain bleed caused by an AVM in June of 2015. AVM stands for Arteriovenous Malformation, which is a tangle of abnormal and poorly formed blood vessels (arteries and veins). As a result of this illness, Allison suffered stroke like systems that impacted her cognitive skills and physical capabilities on her right side.

Prior to this illness, Allison was actively involved with an assortment of sporting activities, ranging from swimming, skiing, softball and playing soccer. As part of Allison's recovery plan, we enrolled Allison in a variety of programs through Children's Specialized Hospital in NJ, such as swimming, karate, yoga, and social activities (Girl's night out and Friday night events). However, Allison has a strong desire to be re-engaged in a team sport and missed that experience that was previously provided by soccer. Plus, Allison is very social and enjoys the bonding and competition that is provided by a team sport.

Allison took it upon herself and did some research and proposed sled hockey to me as she loves hockey (dad took her to Rangers games!) and the idea of getting back into a team based sport. While sled hockey is challenging for Allison as she learns a new sporting activity, she has a great attitude and looks forward to improving her skills and building relationships with her new(er) teammates. Now, Saturday evenings are hockey night and Allison is very excited to be a part of a great group of sled hockey players. As her father, I coached Allison and her sisters for several years with soccer and this opportunity brings us great joy as I can share time with Allison as she plays her new sport.

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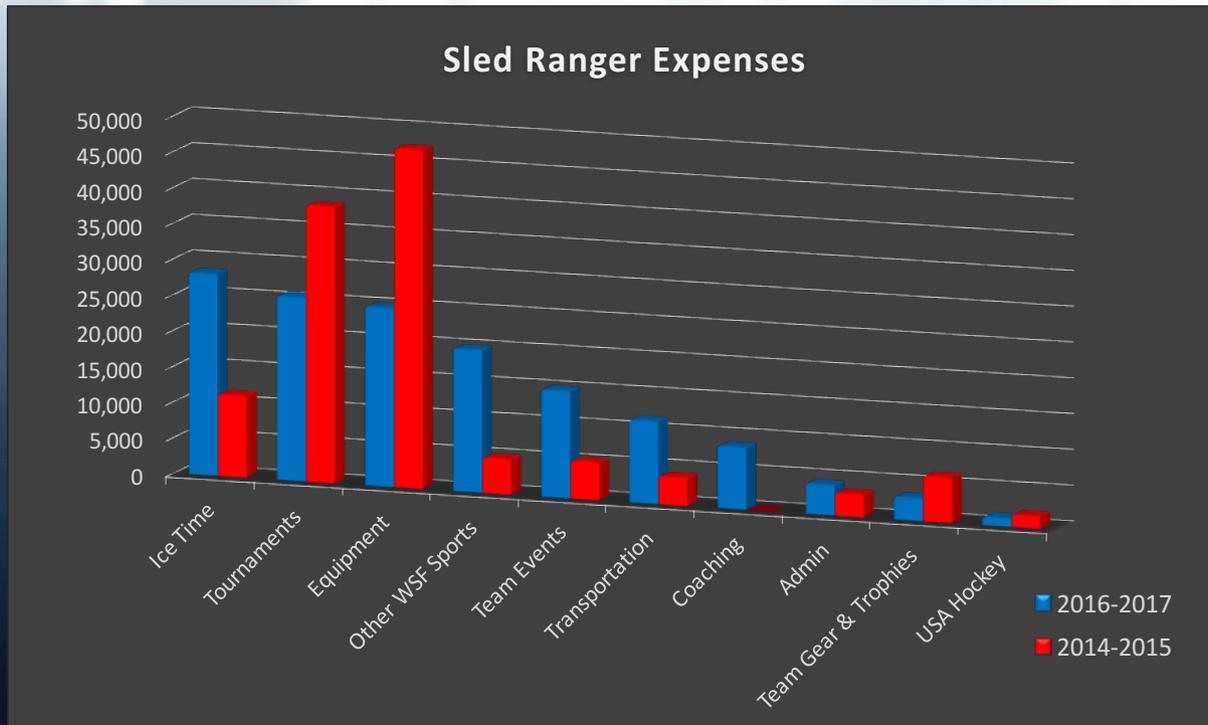


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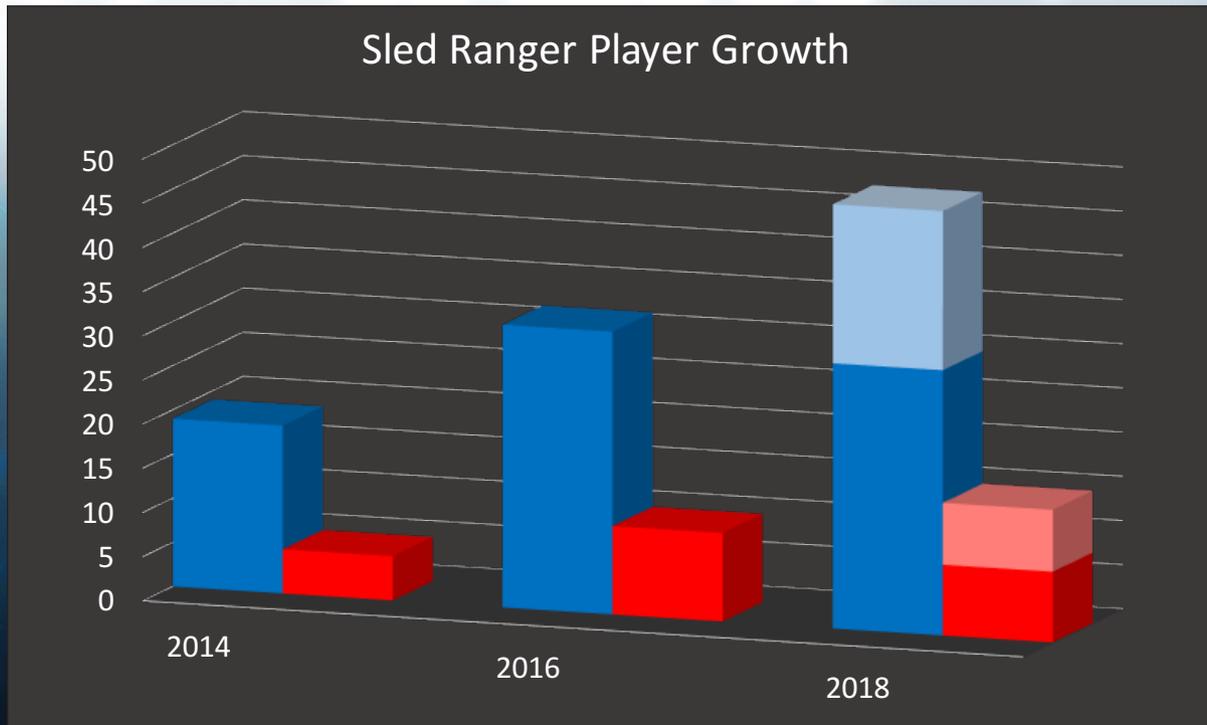
2018: Your Donation Dollars at Work



In the last two years, the Sled Rangers have had expenses of about \$145,000, compared with \$125,000 for the prior two years. Our largest expenses were Ice Time, Tournaments, and Equipment, which represented 55% of our total Expenses. Ice Time expenses were up, but Tournaments and Equipment were down.

Team Events is up, as that represents the first payments for our upcoming ski trip to the NAC in Park City, Utah. Other WSF Sports is also up, representing 4 more certified scuba divers from Stay-Focused.

2018: Growth of the WSF Sled Rangers Program



Our program continues to grow and develop. Our current roster consists of 38 athletes, 30 boys and young men, and 8 girls and young women. While those numbers are down slightly from 2016, we have 25 kids on the “inactive” roster. Overall, 63 young people with disabilities have participated in our program since we began in 2012.

While of course we wish that everybody wanted to be hockey players, we recognize that kids develop other interests and want to try other sports. For most of the kids that we have reached, sled hockey was the first sport that they played and we were the ones that introduced them and their families to adaptive and disabled sports. So when they decide they want to go play wheelchair basketball, or adaptive track & field, we are proud that they got their start with us.

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2018 WSF Featured Volunteers - Roxanne Gaudiel/Stephanie Couzín

In 2016, we turned over a new leaf, and we welcomed two new coaches to our program, Stephanie Couzin and Roxanne Gaudiel. Steph and Rox actually know something about ice hockey, as opposed to the well-meaning but inexperienced parents who had been helping out – and continue to help out – before.

Steph played forward at Holy Cross, and served as co-captain in her senior year. She played on the Herlev Hornets in the Denmark Elite League in 2009-2010. She has been coaching the Lasker Lady Hawks program since 2010, first with U14s and then with the U8s, and currently as an instructor for the Intro to Lady Hawks class. Since moving to Utah, she has been an assistant coach with the Utah Lady Grizzlies program. Steph is originally from Chicago, and she loves the Blackhawks.

Rox played in goal at Princeton for four years, and graduated in 2006. Additionally, Rox played on the U22 women's national team in 2003. After college, she played with the Quebec Avalanche in the NWHL during 2006-2007. While in Montreal, Rox was a full time goalie coach and "learn to skate" instructor. More recently, she was the boys travel goalie coach for the NJ Stars program from 2008-2011, and is currently the goalie coach for the Lasker girls program.

Although Stephanie has moved on to Salt Lake City, she continues to be part of our sled hockey family, and to be involved in various planning, scheduling, and activities. Rox and Steph have made our program so much better, and we are so glad they are with us and part of our sled ranger family.



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2018 Featured Honoree ~ Adam Graves



One of the most popular figures to ever wear the New York Rangers uniform, Adam Graves spent 10 years with the Blueshirts, setting a watermark in professional sports for excellence both on and off the ice. Drafted by Detroit, Graves won the Stanley Cup with Edmonton before signing with the Rangers in 1991. He had an immediate impact in New York, registering 26 goals and 33 assists for 59 points in his first season with the Rangers.

Graves will always be best known for his achievements and contributions to the Rangers magical 1994 Stanley Cup team, helping break a 54-year old championship drought. “Gravy” set the Rangers` single season record for most goals in the 1993-94 season, tallying 52 goals to break Vic Hadfield’s 22-year old mark of 50. His record stood for 12 years before Jaromir Jagr notched 54 in the 2005-06 campaign.

From 1991-2001, the Rangers` No. 9 won numerous league and team honors. He was recognized by the NHL with its King Clancy Memorial Trophy in 1994, presented annually to the NHL player “who best exemplifies leadership qualities on and off the ice and has made noteworthy humanitarian contributions to his community”.

Graves has won numerous awards, including the NHL Player Foundation award, “recognizing the NHL player who applies the core values of hockey — commitment, perseverance and teamwork — to enrich the lives of people in his community,” the Bill Masterson Trophy as the “NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey,” and the Most Valuable Player award for the Rangers, twice.

Adam Graves has been an avid supporter of sled hockey in general and of the WSF Sled Rangers in particular through the years. He is an inspiration to all of our young athletes, and we thank him for his continuing support in helping to raise awareness of the great sport of sled hockey.









2018 Featured Honoree - Mike Richter

Mike Richter played in 666 games during his 14-year NHL career, all with the New York Rangers. His 301 wins with the team are more than any other Rangers goaltender and he helped the club win its first Stanley Cup in 54 years.

Playing full-time for the Rangers beginning during the 1990-91 season, he was a finalist for the Vezina Trophy as the league's top goalie in just his second full season in the NHL. In 1993-94, Richter was selected as the MVP of the NHL All-Star Game and went on to set a Rangers' single-season record with 42 wins in leading the team to the President's Trophy and its first Stanley Cup title since 1942. Beyond making a huge impact for the Rangers, Richter also was an integral part of the U.S. program for parts of three decades. He is one of just 10 Americans ever to compete in at least three Olympic Games, including in 2002, when the team captured the silver medal. In addition, he led Team USA to the World Cup of Hockey championship in 1996 and was named the tournament's MVP. He also played in two IIHF World Junior Championships (1985-86), three IIHF Men's World Championships (1986-87, 1993) and the 1991 Canada Cup.



Richter, a three-time NHL All-Star, played two seasons of college hockey (1985-87) at the University of Wisconsin before beginning his professional career.

Mike Richter has been an avid and enthusiastic supporter for sled hockey over the years and we want to thank him generously for his past and continuing support to make ice hockey available to everyone.

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WSF Sled Rangers Signature Event – York Pennsylvania Tournament

Over President's Day in 2017, we added a new tournament to our travel team's schedule: the York, PA 3-day tournament. The home of Harley Davidson, the drafting of the Articles of Confederation, and a Fuddruckers that won the hearts of the team, the city of York was an excellent host venue for this tournament.

We played the Delaware Sled Snipers, the Hammerhead's Sled Stars, and the Palmyra Black Knights. Three very formidable foes that had years of experience and age on our kids. Our first game started a bit shaky with a tough and decisive loss (7-1). But rather than be discouraged, the team persevered and only allowed one goal against in the third period.

With each game and each period, the team improved their individual skills, earned their first goals (Isabella and Emma), and most importantly, had our first game without a single off-sides call. We were led by Josh and Ryan taking turns in goal, and team captain Matt C. leading the way, who brought us close to a comeback. After going down early, the team fought back to within a goal but couldn't convert on the final offensive zone faceoff with 8 seconds left.







WSF Sled Rangers Signature Event – Amelia Park Tournament



For the 3rd year in a row, the Sled Rangers traveled to Whip City – also known as Westfield – Massachusetts to play in the 19th annual New England Invitational Sled Hockey Tournament at Amelia Park Ice Arena. This is an excellent tournament as its one of the only ones in the country that is 100% percent dedicated to sled hockey. This year, 16 sled hockey teams computed in both junior and adult divisions.

Our junior Sled Ranger team faced off against the Kawartha Blazers, Philadelphia Hammerheads, and NEP Junior Wildcats. After the near comeback at the York tournament, the team came out a bit flat against the Blazers and had to learn that winning takes effort on every shift. We dropped another game against the Hammerheads next but showed much resilience with a close 3-1 game, a huge improvement over the York tournament.

The development was there, but we had yet to win a game. The kids could taste victory and followed it up with two of our best games in the last two years. First, against the NEP Wildcats, we had a generally evenly matched team (exception being their 16 year old national team girl). Even though we went down early 2-0, we fought back and tied the game in the final seconds of the third. A great way to end the day but had to rest knowing that we'd play the Wildcats again in the 3rd place game.

As promised, it was a barn burner. After going down 1-0 early, the team responded with two back to back goals to take the lead. We took advantage of the player matchups and overwhelmed the Wildcats with our swarming power forwards of Sebs, Ailin and Max leading the charge and Matty quarterbacking the team. This lead was the first lead we've had in the Amelia Park tournament, but unfortunately, it wasn't to be the first win. With less than one minute left in the game, the Knights star player got away and buried the puck to tie the game. We walked away with our heads held high, a 0-2-2 record, and a tie for third place (although debatably it was ours).

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WSF Sled Rangers Signature Event – Battle in Brewster

The Battle in Brewster was the brainchild of Michael Piccirillo, who is the father of one our Sled Ranger Athletes, Ryan. Ryan's 8-year old younger brother plays for the Westchester Express Mites out of the Brewster, NY ice arena. Michael thought it would be great to have both of his sons play on the ice together, and to raise money and awareness for the great sport of sled hockey.

About 200 people showed up to watch the Mites take on the Sled Rangers in a 3-period exhibition game. Special guest Eve Soto came to sing the national anthem, and Adam Graves was also there to drop the puck and to encourage the kids. This was the dubbed the "first annual", and we are planning to have another 'Battle In Brewster" in March of 2018, so if you live up that way, and would like to come out and support the Sled Rangers again, we would love to see you.





WSF Sled Rangers Signature Event – Ice Cream Social



Our very good friend Tom Siering donated a night of ice cream to the Sled Rangers for one evening after practice. The ice cream came from Morganstern's Finest Ice Cream. We had the ice cream delivered up to where we were practicing at Lasker Rink, and we had 20 gallons of ice cream to pass around between about 30 athletes who played that evening.

This was really a special treat for all the kids (and including one overeager grandmother!), and it really shows in the photos. Thanks again to Tom for helping to sweeten our hockey season!

WSF Sled Rangers Signature Event – Disability Pride Parade

The half-mile stretch between Union Square and Madison Square Park is usually packed with tourists, business professionals, street performers, and all of the other characters that make summertime in New York City so unique. But for a few hours on Sunday, July 9, it was filled with passionate advocates, poets, athletes, artists, and more as the Third Annual New York City Disability Pride Parade brought together thousands to march up Broadway in support of inclusion, awareness, and improving and protecting services for people with disabilities.

Beginning at around 11 a.m., elected officials and other advocates spoke at a stage near the start of the parade. Among those who spoke were Victor Calise, Commissioner, Mayor's Office for People with Disabilities and Grand Marshal Micah Fowler, who stars on the very excellent ABC sitcom *Speechless*. Fun fact: Micah Fowler is also a sled hockey player, and skates with a team in New Jersey.

The WSF Sled Rangers were there too, of course, being proud of who we are and what we're able to accomplish.



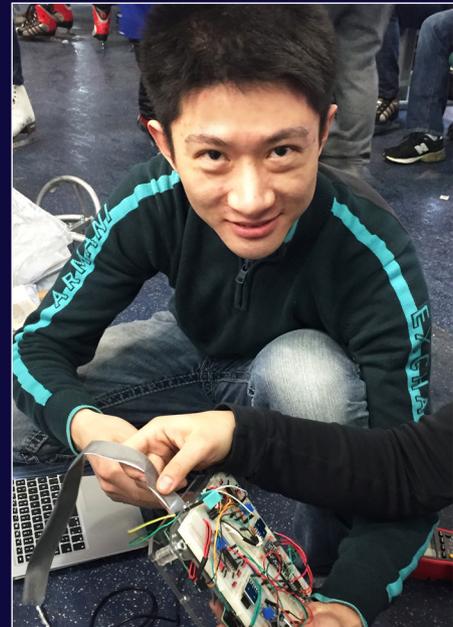
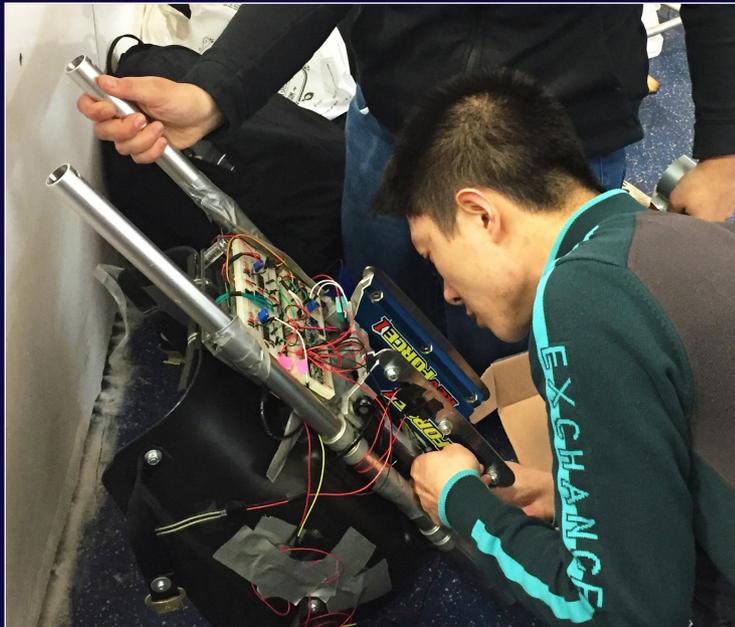
WSF Sled Rangers Featured Partnership – MIT Sled Project



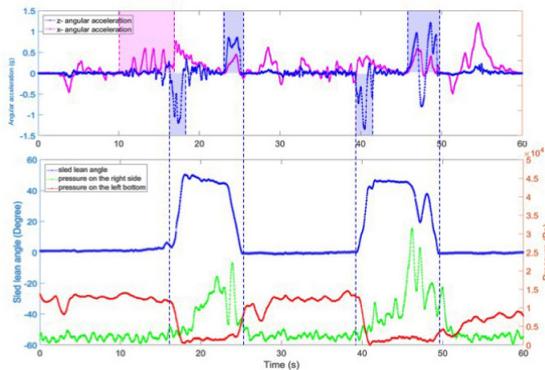
**Massachusetts
Institute of
Technology**

A chance encounter with Professor Annette (Peko) Hosoi of the MIT Mechanical Engineering Department led to a discussion about how MIT might be able to help to improve the technology surrounding sled hockey. Professor Hosoi has wide-ranging interests, including being one of the world's foremost experts on the digging properties of snails and razor clams, but she has also developed a focus on engineering and sports. Peko even filed an amicus brief in the New England Patriots Deflategate scandal, showing how science is able to explain the observed evidence.

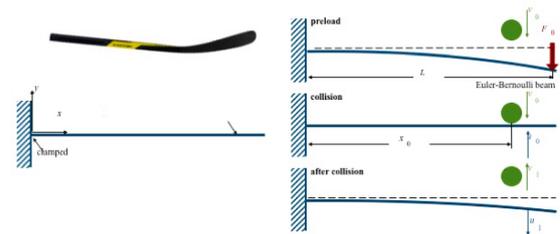
One of Professor Hosoi's doctoral students, Youzhi Liang, has been primarily focused on the project. Both Youzhi and Peko have come to visit us in New York City, to watch us play, to understand how the athletes move in their sleds and propel themselves, and perhaps how it could be better. This has involved outfitting the sleds with force and pressure sensors, downloading the data into a computer, building mathematical models, performing experiments with simplified rigs on the ice, and finally industrial design. Youzhi plans to present his sled hockey research in his Ph.D. thesis, which he expects to obtain in 2019.



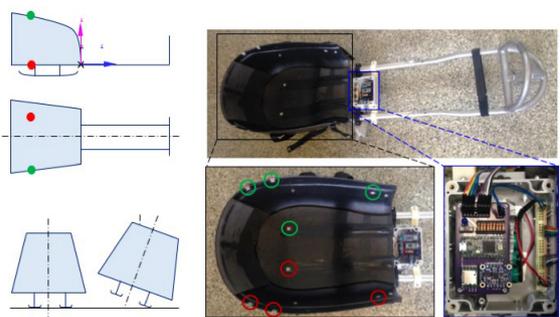
WSF Sled Rangers Featured Partnership – MIT Sled Project



Pressure on the right side and left bottom respectively associated with z- and x- angular acceleration and lean angle.



Continuous model for slapshot.



Hockey sled instrumentation

Title: Sled hockey project

Direction of improvement		Technical requirements										
		Customer priority	Meet US standard	Weight of sled	Stiffness of hockey stick	Customization of bucket form	Bucket material	Customization of sled structure	Ice blade type/form	Harness/restraint design	Suspension	Sled dynamic reconfiguration
Usability	Customization	1	○			○	○	○	△	○	○	○
	Comfortable bucket	3	□			○	○			○		
	More restraint on foot support	5	○	△						○		
	Easier to carry and store	7	△	□			○					
Performance	Comfortable leg support	8	○	△				○		○		
	Maneuverability	2	○	○	□	□		○	○	△	○	○
	Powerful shot	4	□		○							
Faster drive		6	○	○				□	○			
Technical priorities												
Percentage of total												

Correlations: ● Positive X Negative
Relationships: ○ Strong □ Medium △ Weak

Momentum conservation for puck: $mv_1 - mv_0 = Q$

Beam equation (static): $-EI(x)w''(x) = -F_0L + F_0x$

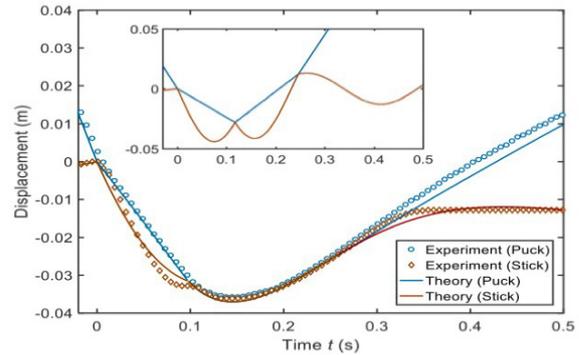
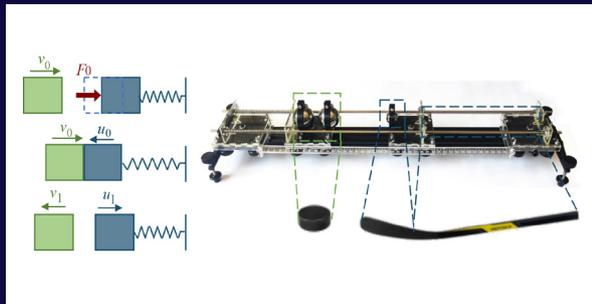
Beam equation (dynamic): $\rho A(x) \frac{\partial^2 w}{\partial t^2} + \frac{\partial^2}{\partial x^2} \left(EI(x) \frac{\partial^2 w}{\partial x^2} \right) = Q \frac{e^{-\frac{(x-x_0)^2}{2\sigma_x^2}}}{\sqrt{2\pi\sigma_x^2}} + \frac{e^{-\frac{t^2}{2\sigma_t^2}}}{\sqrt{2\pi\sigma_t^2}}$

Energy conservation for the system:

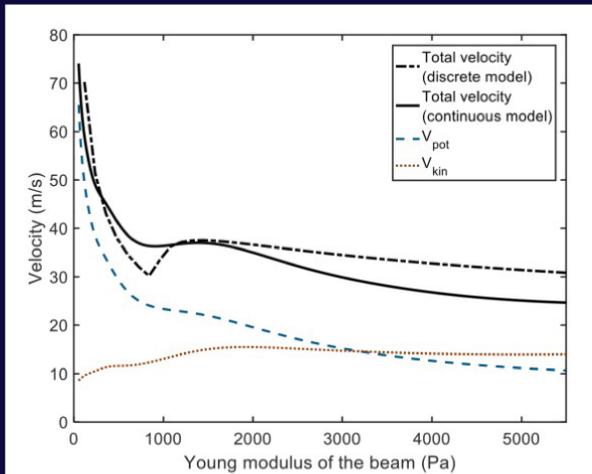
$$\frac{1}{2}mv_0^2 + \int_0^L \left[\frac{1}{2}EI \left(\frac{\partial^2 w}{\partial x^2} \right)^2 \right]_{-3\sigma_x} dx = \frac{1}{2}mv_1^2 + \int_0^L \left[\frac{1}{2}\rho A \left(\frac{\partial w}{\partial t} \right)^2 \right]_{3\sigma_x} dx$$

$$w(x,t) = \sum_{j=0}^{\infty} \frac{Q}{\omega_j \beta A} \int_0^L \frac{a_j(x)}{\omega_j^2} \int_0^L \frac{e^{-\frac{(x-x_0)^2}{2\sigma_x^2}}}{\sqrt{2\pi\sigma_x^2}} dx \left[\sin(\omega_j t) \int_0^L \frac{\cos(\omega_j t)}{\sqrt{2\pi\sigma_t^2}} dt - \cos(\omega_j t) \int_0^L \frac{\sin(\omega_j t)}{\sqrt{2\pi\sigma_t^2}} dt \right]$$

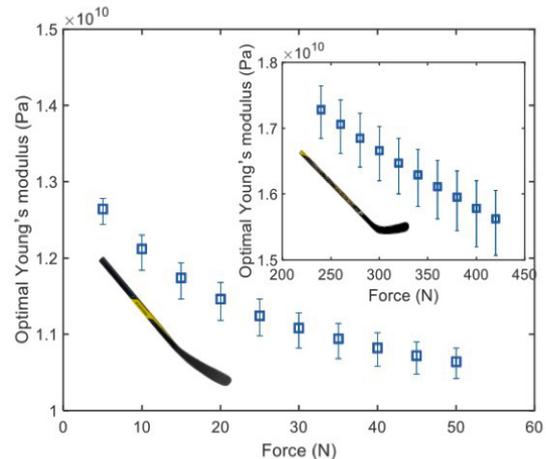
WSF Sled Rangers Featured Partnership – MIT Sled Project



Displacement (m) as a function of time t (s). (Inset) displacement as a function of time with no energy loss.



Comparison between discrete model and continuous model.



Optimal Young's modulus as a function of the magnitude of force player can exert on the hockey sticks.



Massachusetts
Institute of
Technology

WSF Sled Rangers Featured Partnership – MIT Sled Project



**Massachusetts
Institute of
Technology**

To foster further collaboration between MIT and the Sled Rangers, we were invited up to Cambridge, Massachusetts to play a scrimmage game against the MIT (Division 3) hockey team. The MIT kids were very welcoming and curious about the sleds, and about our athletes, and everyone was all smiles and many people made some new friends that day. It's always amusing when you put able-bodied people in sleds who have never skated before, and the Sled Rangers beat the MIT team 6-0. The MIT team walked away with a new appreciation of people with disabilities and what they're able to do. Many of them came in at the beginning of the day and saw a bunch of kids in wheelchairs and walkers, but when they left, they said goodbye to hockey players.



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WSF Sled Rangers Featured Partnership – National Ability Center



The National Ability Center was founded in 1985, with the goal to provide high-quality, inclusive programs to individuals and families of all abilities and backgrounds, including those in need. The NAC offers a wide variety of programs both seasonally and year-round. Activities include alpine and Nordic skiing, snowboarding, snowshoeing, cycling, water-skiing, wakeboarding, kayaking, canoeing, paddle boarding, and challenge course activities. The NAC encourages participation of individuals of all ages and abilities, including those with orthopedic, spinal cord, neuromuscular, visual and hearing impairments, and cognitive and developmental disabilities.

Many of our Sled Ranger athletes have participated in NAC programs in the past. Some have attended summer camp programs that have included high ropes courses (yes, with a wheelchair), horseback riding, canoeing, and more. Word traveled back from Park City, Utah, where the NAC is located, and the idea was born to take the Sled Rangers out for a ski trip.



WSF Sled Rangers Featured Partnership – National Ability Center



The NAC facilities are perfect for the Sled Rangers. They have a dormitory lodge that can sleep 50 people, and they are experts in delivering adaptive skiing and other activities for people with disabilities.

And so, On February 17th, 20 of our Sled Ranger athletes will be boarding a plane to Park City and the NAC. We have a full 5 days of scheduling packed in, including downhill skiing, cross country skiing, biathlon, snow tubing, wheelchair curling, and, of course, sled hockey. Many of our athletes who will be going on this trip have never been on a plane before, or out of New York before, so it will be thrilling on many levels. Your support of the Sled Rangers program allows us to do more than “just” play hockey, and we will be sure to report back to you with stories and photos of our winter adventure. Thank you!



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WSF Sled Ranger Signature Partnership – Stay-Focused



Who We Are & What We Do:

Stay-Focused is a nonprofit organization that enhances the lives of teens with physical disabilities by offering them the opportunity to challenge themselves while learning to SCUBA dive. Inspired by my brother, Bobby Muller, a Marine Corps combat veteran with paraplegia from an injury he sustained in Vietnam, I started the organization in 2003. To date, we have certified 108 teens and young adults with disabilities. SCUBA diving offers teens with disabilities an unparalleled opportunity to experience freedom from their disability, gain confidence, and realize their potential to set higher goals. Participants in our programs benefit from two, week-long programs in Grand Cayman, which offers an ideal diving environment.

We started our mentorship program in 2007, and have 10 Stay-Focused alumni who serve as mentors and represent the emerging leadership in the organization. We met Victor Calise in 2013, when Ryan Chalmers, our senior mentor, completed his Push Across America in Central Park. Victor, who handcycled alongside Ryan on the last day of the “Push,” presented him with a proclamation from Mayor Michael Bloomberg.

Our Partnership & Moving Forward:

In 2014, we reconnected with Victor Calise, who introduced us to Kenny Richetti, a member of the WSF Sled Rangers sled hockey team. Kenny joined us in the summer of 2014 and loved the experience. It was the first time he had traveled out of the country on his own; the first time he needed a passport.

In the summer of 2015, Kenny returned to Cayman for his “reunion” program and did an excellent job, building on the skills he had learned during his first program. That summer, Emma Albert and Sam Greenberg traveled to Cayman and achieved their Professional Association of Diving Instructors (PADI) certification as SCUBA Divers. In 2016, Emma and Sam enjoyed their reunion program, while Johileny Meran and



Justin Walker earned their certifications. And, last summer, while Johileny and Justin returned for their reunion program, Matt Castagna and Josh Decker also became PADI SCUBA Divers. We are delighted we have partnered with the WSF Sled Rangers, appreciate their support, and look forward to having more Sled Rangers diving with us in the years ahead.

Information about Stay-Focused is available on our website: www.stay-focused.org.

Roger Muller, Founder/President





"My week diving in Cayman was amazing because I got to see a lot of cool fish. I also liked being able to breathe under water for a very long time."

— Josh Decker



"My Stay-Focused experience let me try another sport other than hockey. The goal setting we did has made me feel more independent and responsible, and given me new motivation to grow as an individual."

— Matt Castagna



"When looking back at this past summer – my reunion trip to scuba dive for a second time – I honestly don't know how to describe the feeling. I didn't know how it was going to be. Did I forget my underwater skills? Would I be nervous to go underwater again? Could I stay focused long enough to enjoy the experience? My questions were all answered when I was in the water. My experience was unbelievable. At first, I didn't notice but as the week continued I realized how comfortable and how free I felt in the water. My trip didn't just allow me to see my growth through courage but it gave me the courage to focus on believing in my abilities."

— Johileny Meran

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WSF Sled Rangers Featured Partnership – Winona Knits & Mitts



Winona Knits & Mitts is operated by Winona ORC (Occupational Rehabilitation Center) a non-profit which provides work opportunities for people with disabilities. For nearly four decades, Winona ORC has been committed to providing learning opportunities, job training and employment for people with disabilities.

For most of us, our basic living needs are met through our work. However, work does much more than merely provides income: it provides identity, purpose, structure and social interaction. Work brings independence and helps us to be productive members of the community. For those with a disability, work may be the most important element of their lives. Each year, their employment programs help over 400 people prepare for, seek and secure employment. Your enjoyment of Winona Knits & Mitts mittens helps to employ, educate and empower their workers. <https://www.winonaknitsandmitts.com>

Before you leave tonight, be sure to pick up your gift bag which contains a pair of these warm and comfy mittens.

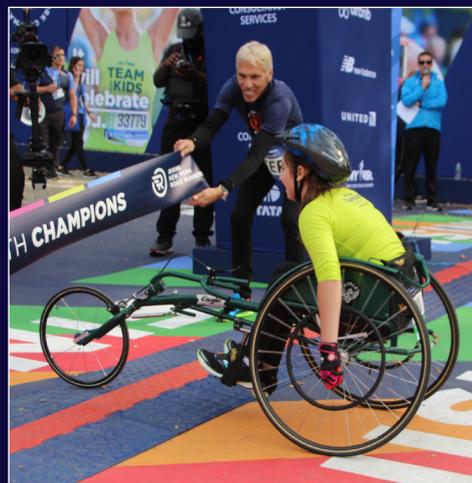


WSF Sled Rangers Featured Partnership – New York Road Runners



Five New York City students, one from each of New York City's five boroughs, were named Grand Marshals for the 2017 TCS New York City Marathon on Sunday, November 5, 2017. The Grand Marshals are all participants in Rising New York Road Runners, a free youth fitness program launched by New York Road Runners at the start of the 2017-2018 school year. Emma Albert, a WSF Sled Rangers team member, was chosen to represent her home borough of Manhattan as a Youth Ambassador.

On marathon day 2017, the group rode in the official Grand Marshal vehicle through the 26.2-mile marathon course with Olympic medalist, Jenny Simpson, and Peter Ciaccia, president of events for New York Road Runners (NYRR) and race director of the TCS New York City Marathon.

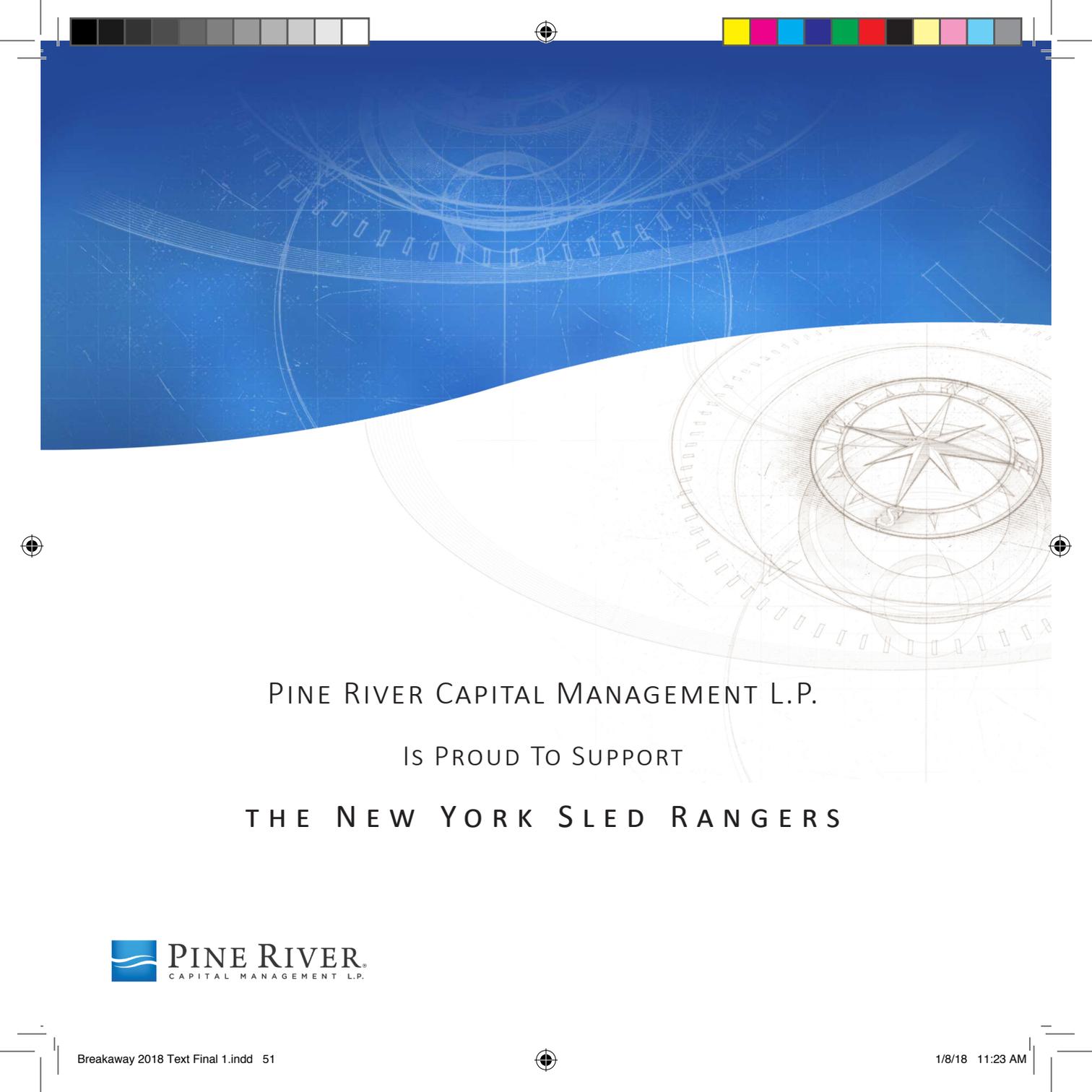


“Racing has impacted my life in such a positive way, and I am looking forward to continuing this program especially at the TCS New York City Marathon, as well as many other events this upcoming year. I am extremely grateful and humbled that the New York Road Runners had faith in me to represent them as a Youth Ambassador as well as allowing me to be a part of their Youth Racing Program, where I have had the privilege to meet many other inspiring individuals. I hope to continue to grow and push myself as a racer and someday possibly compete in the TCS New York City Marathon and many other races around the world.”

— Emma Albert

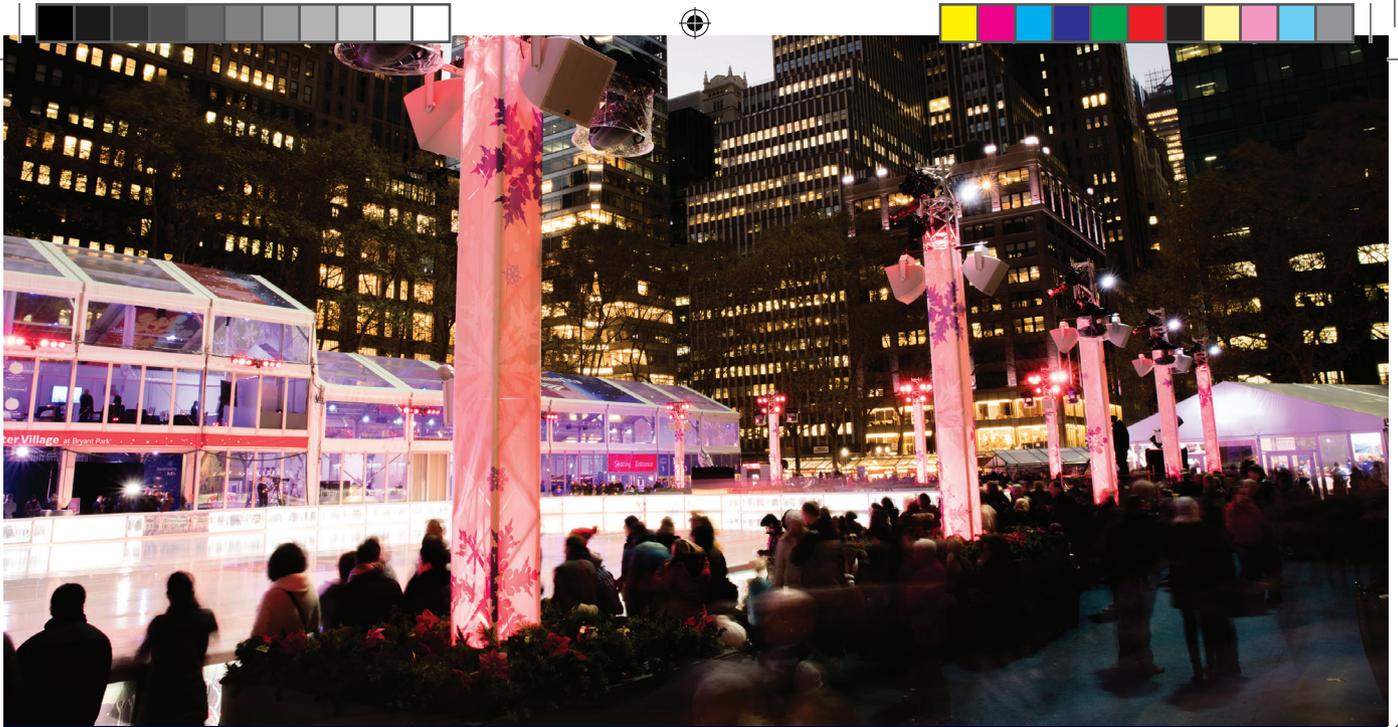
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We celebrate the success of

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and we honor their
extraordinary work in inspiring
physically disabled athletes
to reach their highest potential.

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Citi is proud to support disabled youth sled hockey and the WSF Sled Rangers.



We are proud to support the WSF Sled Rangers and to celebrate its important work.

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J.P. Morgan congratulates the New York Sled Rangers and supports the Wheelchair Sports Federation's mission to empower disabled adults and youth through the athleticism of adaptive sports.

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J.P. Morgan

Proud to Support the Wheelchair Sports Federation.



Prime Finance is pleased to sponsor Breakaway 2018 in support of the Wheelchair Sports Federation NY Sled Rangers. We admire and support their mission to increase the independence, self-esteem, and self-confidence of physically disabled youth in New York City.



Don't Go Through Life Without Goals.

Deutsche Bank stands with the Wheelchair Sports Federation and the WSF Sled Rangers in its mission to increase awareness of the great sport of sled hockey.





Dedicated to supporting adaptive sports opportunities

Barclays is proud to support Breakaway 2018 and
the Wheelchair Sports Federation Sled Rangers.



SOME GOALS COUNT MORE THAN OTHERS.

Putting the puck in the net is one goal. But so is inspiring
self-confidence in young people with disabilities. At Mr. Cooper,
we believe in big goals, so we salute the amazing achievements
of The Wheelchair Sports Federation Sled Rangers.



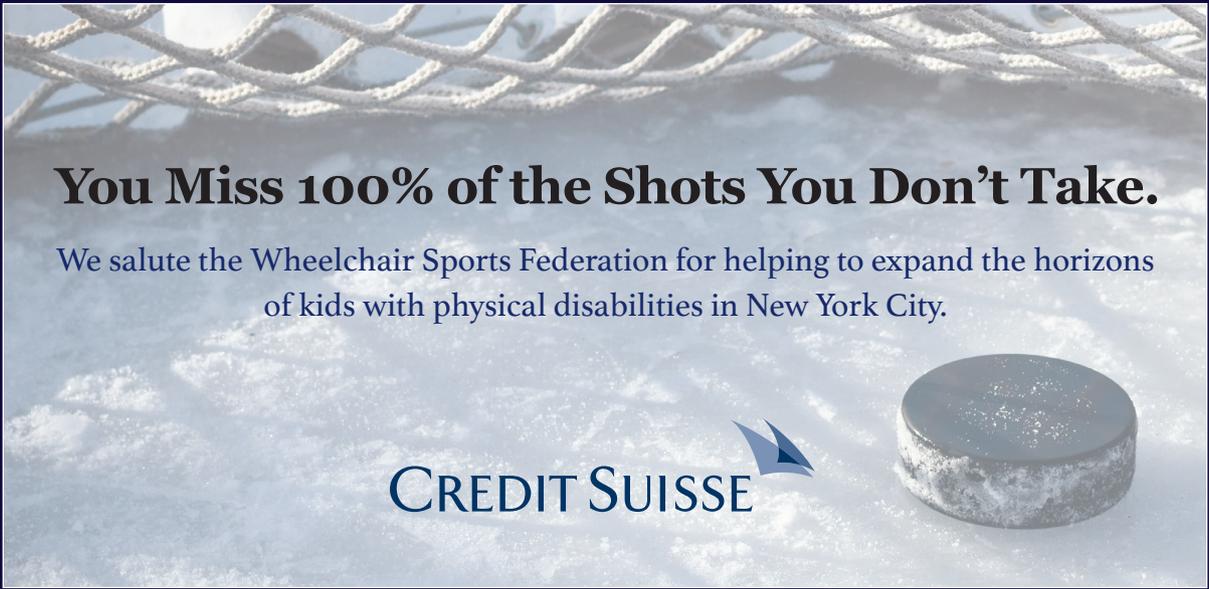
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We salute the Wheelchair Sports Federation for helping to expand the horizons of kids with physical disabilities in New York City.

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Hockey Players
Have Fire in their Hearts,
and Ice in their Veins.



Incenter is very happy to support Breakaway 2018 and to play our part in helping to make the WSF Sled Rangers the best ice hockey program in the USA.



Credigy is excited to sponsor
Breakaway 2018 and support the
talented young athletes of the WSF New
York Sled Rangers.



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Proud to Support Wheelchair Sports Federation

RBC Capital Markets has a proud history of commitment to organizations that improve the quality of life in the communities in which we live and work. We are pleased to support Wheelchair Sports Federation and salute their mission to provide opportunities for the disabled and wheelchair-bound adults and youth to play sports recreationally and competitively.



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Wells Fargo Securities is proud to
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