

BREAKAWAY 2020

A WSF Sled Rangers Signature Event

It is the mission of the Wheelchair Sports Federation Sled Rangers to provide opportunities to physically disabled youth to increase their independence, self-esteem, and self-confidencethrough the sport of sled hockey in competitive team play. Our aim is to provide this opportunity to any and all physically disabled children who would like to participate.





BREAKAWAY 2020



A WSF Sled Rangers Signature Event February 4, 2020

FOOD • DRINKS • SKATING



BREAKAWAY 2020

6:00 Welcome

6:30 Drinks / Buffet Dinner

8:00 Presentation

9:00 Evening Concludes

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Welcome to Breakaway 2020, our fourth bi-annual event in support of our sled hockey program. I am so proud of each and every one of the kids in the program, and I'm very excited to share our successes with you. Please feel free to hop in a sled and try it for yourself and see what fun it is.

Since we began, more than 75 kids have come through our program. Some of these athletes have gone on to play wheelchair tennis or wheelchair basketball, adaptive track & field, or wheelchair racing. But for each of those 75 kids, the Sled Rangers sled hockey program was the first time that either the kids or the parents realized that sports, competition, and physical activity really are for everyone.

We change perceptions about what people with physical disabilities are able to do while increasing self-esteem, self-confidence, and independence. And when Sled Ranger athletes walk or wheel into their classrooms as hockey players, it changes how their friends see them, how their parents see them, and how they see themselves. Today, we have about 30 Sled Ranger athletes on our roster who are experiencing the accomplishments, disappointments, and growth of character that comes with being on a team.

The last two years have been transformative for our program. The 2019-2020 season is our 8th season and we have finally matured into a highly competitive team. We participated in 4 tournaments last season, travelling to Pittsburgh, Tampa, Grand

Rapids, and Westfield MA -- and we took 1st place or 2nd place in all of them. Looking forward, I'm really excited about the team's development, and our increasing competitive abilities, and I expect big things at the spring tournaments in 2020.

My own son, Sam, who was born with a damaged spinal cord and is paralyzed below his waist, is now 16 years old and has been playing sled hockey for 10 years. Still the most athletic of my three children, Sam especially enjoys being with other kids facing similar challenges and mentoring the vounger kids on the team. Indeed. in 2019. Sam was chosen to be the captain, in recognition of his ability to quietly inspire his teammates through his hard work ethic, unifying personality, and positive attitude.

By being here tonight, you are helping to make this program possible for Sam, his friends, and other physically disabled kids in the New York City area. I hope that when you look around the rink tonight you feel some of the inspiration and pride that I do, feelings that come with the knowledge that YOU are making a difference in the lives of so many kids and families. I am humbled and grateful for your support and encouragement. Thank you so much for coming.

Commissioner, WSF Sled Rangers

Bill Greeker



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

Dear Friends:

It is a great pleasure to join the Wheelchair Sports Federation New York Sled Rangers in welcoming everyone to its Breakaway 2020 Fundraiser.

New Yorkers of all backgrounds are known for their strength, resilience, and grit, and the many sports available to our young residents provide wonderful opportunities for them to channel these attributes into healthy exercise and friendly competition. Founded in 2012, the WSF New York Sled Rangers program has connected youth and adults with disabilities to the benefits of athletic play through sled hockey. Over the last seven years, the Sled Rangers have grown from a team of eight to a thriving sled hockey league with players from across the five boroughs and beyond. Their games and practices have fostered self-confidence, independence, and a love of the sport among teammates at no cost to participants, and today's Breakaway event is a wonderful opportunity to celebrate all they have accomplished. From strengthening the financial health of New Yorkers with disabilities to making our streets and subway stations more accessible, we are committed to ensuring that all our residents can reach their fullest potential, and I applaud the Sled Rangers for helping to advance this vision.

On behalf of the City of New York, please accept my best wishes for an exciting event and continued success.

Sincerely,

Bill de Blasio

Mayor







Bill de Blasio Mayor

Victor Calise Commissioner

Dear Sled Rangers, Families, and Supporters:

It is my pleasure to welcome you all to Breakaway 2020 in support of the Wheelchair Sports Federation (WSF) Sled Rangers. Thanks to your generous contributions, the team has continued to grow and improve by reaching even more kids and young adults with disabilities in the five boroughs as well as the surrounding area.

As a proud Paralympian, I know firsthand the role that sports – and specifically sled hockey - have on building self-confidence, comradery, and leadership skills. Many of the players had never previously played adaptive sports before nor had they met other people with disabilities with similar experiences to their own. Now, they are on a team with other youth with disabilities competing in a sport just like their nondisabled peers. Through sled hockey, the team is able to travel the country and change perceptions of the disability community one game at a time.

Since the team's inception nearly eight years ago, many of these kids have grown into passionate and driven young adults who have used the skills they learned from sport to make an impact in their communities. The City of New York and the Mayor's Office for People with Disabilities are proud to support the WSF Sled Rangers as they continue to expand their programming to the next generation of people with disabilities who constantly show the world what they can do both on and off the ice.

My best wishes for a terrific evening and Let's Go Rangers!

Sincerely,

Victor Calise Commissioner



Dear Friends.

The New York Rangers organization stands alongside the rest of the hockey world in our belief that hockey's greatest value is the role it plays in the development of character and life skills. That all hockey organizations - regardless of size or level of competition - bring value to players and families in their ability to deliver a positive family experience. That hockey is for everyone.

We are so proud of our partnership with the Wheelchair Sports Federation Sled Rangers and the access they continue to provide to families and children across the Tri-State. Without their efforts and the support of everyone attending tonight's fourth bi-annual "Breakaway" event, that access would not be possible and the benefits and joys of playing hockey would become less inclusive.

On behalf of the entire Rangers family, thank you for your ongoing commitment and continued help sharing this great game with everyone.

Sincerely.

John Davidson

President

New York Rangers

Madison Square Garden Two Pennsylvania Plaza New York, NY 10121-0091 Tel 212,465,6000

NEW YORK RANGERS HOCKEY CLUB STANLEY CUP CHAMPIONS 1928, 1933, 1940, 1994







Hello All!

Welcome to "Breakaway", our 4th fundraiser for the Wheelchair Sports Federation (WSF) Sled Rangers. The WSF Sled Rangers are made of boys and girls throughout the NYC area. They are from every neighborhood and are diverse as it comes.

Wheelchair Sports Federation 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 World War-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

ohn Hamre President

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 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 the sled 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 a few rinks around the country are sled requires accessible. which 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 straight into his or her opponent or from the side. A player who tees an opponent will be assessed a minor or major penalty plus a game misconduct penalty. There are additional rules for the able-bodied skaters who help to push players who cannot 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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JOHN "JD" DAVIDSON 2020 Breakaway Honoree

The WSF Sled Rangers is proud to salute John "JD" Davidson, President of the New York Rangers. We are thrilled to have him back in New York, and back with the Rangers.

Upon his hiring this spring, JD said it best, "The opportunity of rejoining the Rangers organization and returning home to New York, where my family and I have spent so many wonderful years, was one I simply could not pass up."

JD spent eight years of his professional NHL career with the New York Rangers. During his active seasons as Rangers goaltender (1975/76 -1982/83) he posted a 93-90-25 record in 222 appearances. During the 1979 Stanley Cup Playoffs he posted an 11-7 record, along with a 2.28 GAA, a .921 SV%, and 1 SO in 18 appearances while helping the Blueshirts advance to the Stanley Cup Finals.

Following his retirement from the ice, JD began his award winning broadcasting career with MSG Network, first during the 1983/84 season and then full-time for the 1986/87 season. Joined by his broadcast partner Sam Rosen, JD spent 20 years with MSG Network. In 2004, toward the end of his broadcast career, JD received the Lester Patrick Trophy for outstanding service to hockey in the



United States. In 2009, the Hockey Hall of Fame recognized JD for outstanding contributions as a broadcaster by presenting him with the Foster Hewitt Memorial Award.

Please join us in celebrating JD as the Breakaway 2020 honoree.

JOSH DECKER 2020 WSF Featured Athlete

Coach Rox was a goalie in college. She had this to say about our goalie Josh, who has been playing with us since 2014:

"I'm not sure when it all came together; it was a gradual process. He started by working on his crease movements and then how to move into a shot. He stopped getting frustrated when he'd get scored on in practice. Josh welcomed competition and relished in stopping pucks. Josh was turning into a goalie.

"Then one day, it happened. In Florida at the 2019 U.S. Disabled Hockey Festival, Josh was on fire. The Sharks were an older team that was playing their first game of the tournament and were fresh. They had the most speed of any team in the tourney, but that didn't scare Josh. In the first period, a Sharks player came down across the high slot and whipped a rocket to the top corner, only to be left stunned by Josh's glove save that deflected the puck. It was incredible. That shot would have scored on any able-bodied goalie, but Josh made the save.

"Josh's confidence grew and in the next game, he was even more spectacular. In the 1st period, Josh shocked everyone by going down in a pad stack. My jaw dropped. We had talked about it in practice, but he had never done it. It was one of the most amazing things I've seen coaching sled hockey.

"The Florida tourney exemplified the dedication that Josh had been putting in and his transformation into a mature leader of the team. I am very proud to call Josh a goalie"









THE WONGS 2020 WSF Featured Family

Put simply, this program simply does not run without the dedication and contributions of Clarissa and Elijah Wong, Max's parents. When there are travel arrangements to be made, hotels to be booked, players and parents to corral, food to be ordered or reservations to be made, Claire has stepped forward with her stupendous organizational skills and always with a smile. To call Claire our Team Manager, while not an exaggeration, doesn't begin to describe how important she is to everything we do.

From the very first season, Elijah volunteered to get out there and push other kids around so they could participate, even when none of us knew how to play sled hockey and he didn't even know how to

skate on ice. At tournament Elijah can be found next to Rox on the bench, keeping her calm, and helping to run the lines. At practices, Elijah is always helping other parents and other kids with their equipment making sure it fits right, is adjusted properly, and is in the best spot for the kids to be most comfortable and competitive. Elijah continues to take on even more responsibility with the Sled Rangers, and I'm sure his contributions will result in a much better organization.

Finally, little sister Madison always brightens everyone's day with her infectious smile and high spirits. The Wongs are an embodiment of everything that's good with the Sled Rangers. "Thank you" is insufficient.





OLIVER GOH 2020 WSF Featured Volunteer

As a lifelong hockey player and New York Rangers fan, Oliver scored a hat trick when he joined the New York Sled Rangers two years ago. He helps the coaches run drills and pushes players who can't push themselves at practices and events.

He recounts with pride how much the first player he pushed has grown to love hockey. At first, Luis would get tired easily and want to take breaks. But over time, Luis built up his stamina, wanted to stay on the ice longer and play the puck more. At the start of this season. Luis declined the offer of a pusher and announced he wanted to push himself.

Sled hockey has given Oliver the opportunity to be his best self. He was invested from day one, taking the initiative to study the rules of sled hockey

(pushers can never advance the puck, nor can they skate faster than the average speed of players on the ice). He balances his competing hockey schedules - swapping his school hockey team jacket for his NY Sled Rangers jacket before practice each week. He's made friends with players and other volunteers, spending time with them off the ice. The few weeks when mom and dad weren't available to drive him to practice, he arranged to take public transportation into Manhattan to catch a ride with a teammate and his family to Queens.

"Being a hockey player myself, I know how fun it is to get on the ice, shoot the puck and hang out with friends. And I want to help the players do that," Oliver said.











SKANEATLES SLED CAMP Sled Rangers Signature Event

At the beginning of the season, USA Hockey invites players from all over the region to come to the Finger Lakes and participate in a development camp to improve our hockey skills. Skaneatles is a beautiful place to play sled hockey, and the local bakery and fish fry are second to none too! This year, the camp was hosted by the Coach and GM of the U.S. National Sled Hockey Team, the Head Coach of the U.S. Development Team, and 2

Paralympians. Allison, Ailin, Isabella, Max, Sam, Gabriel, Josh, and Sebastian all participated. Our kids learned so much from the coaches and other players in the camp as well. We are hopeful that some of our players might one day make the U.S. National Team, and the best way to do that is to get them in front of the Head Coach. Hope to see you in Beijing or Milan!









PITTSBURGH MIGHTY PENGUINS TOURNAMENT

Sled Rangers Signature Event

Traveling on the team bus to Pittsburgh took about twice as long as it was supposed to, but the journey was filled all the silliness and laughs that you would think would accompany a long team bus ride. This was our first time at the Pittsburgh tournament, and the UPMC Lemieux facility. Nick from the Woodbridge program joined us for the first time, and he fit in perfectly with the team. A swift skater and an adept puck handler, Nick

added some depth and power to our offensive line that was much appreciated. We had two come from behind victories against the home team Mighty Pens (5-3) and the Nashville Sled Preds (2-1), but fell to the Grand Rapids Sled Wings. In the 3rd place match we played the Hammerheads to a tie in regulation, and lost a hearbreaker in the shootout round.













GRIFFS GRAND RAPIDS TOURNAMENT

Sled Rangers Signature Event

We welcomed two more new comers to the tournament schedule with Jonathan and Luis joining the team, and they immediately made a difference. Both contributed goals in their first game. In decisive fashion, we went undefeated in the tournament, beating Grand Rapids Sled Wings Novice Team, the CISHA Thunder, and the Mighty Pens. In the championship game, we handily beat the Chicago Hornets to secure our first ever tournament championship. Next year we jump to the higher division where the competition will be tougher. I think we are ready!







NEW ENGLAND INVITATIONAL SLED HOCKEY TOURNAMENT

Sled Rangers Signature Event

The last tournament of the 2018-19 season brought back some familiar faces. Ailin who had been battling back from surgeries was cleared to play. We played - and beat - some of our old rivals like the NEP Wildcats (where we held "purple helmet girl" to only one goal) and the Vermont Sledcats, but lost to a new opponent, a much older and bigger Dunham Steelhawks team. Despite our 2-1 showing in regular play, we faced the Philadelphia Hammerheads in the championships. Unfortunately, led by our friend and nemesis Miguel V, the powerful Hammerheads squad crushed us. Nevertheless, this second place finish was our best placing at Amelia Park ever over the 5 years we have gone. Miguel V is off at college this year, and so we have very high hopes for Amelia Park in 2020!















NATIONAL DISABLED FESTIVAL Sled Rangers Signature Event

In April we traveled to Tampa, Florida for the largest sled hockey tournament in the country. Playing in the Tier II youth division, the Rangers had a very good showing that was not always reflected in the scores. Josh made some incredible saves to keep the games close, and despite the losses, the Rangers only gained confidence and improved with each game. The third game against Colorado has been the most exciting game to date. The Rangers came

back twice in the game to send the game into a shootout. Sebs started us off and pulled a great move across the crease to score. Not to be outdone. Max went out and pulled the same move going top corner as well. It was an impressive come from behind victory and complete team effort. In the last game against a big Nashville team, the Rangers played spoiler in their playoffs hopes by winning a decisive 2-0 game.













NAC WINTER Sled Rangers Signature Event

In February 2018 we took 18 of our hockey players out to the National Ability Center in Park City, Utah for a week of adaptive skiing, snow tubing, curling, and other winter activities. Except for one

of our players, this was the first time any of our athletes had been on the slopes. Whether it was on mono-ski's or bi-ski's, everyone had a blast.

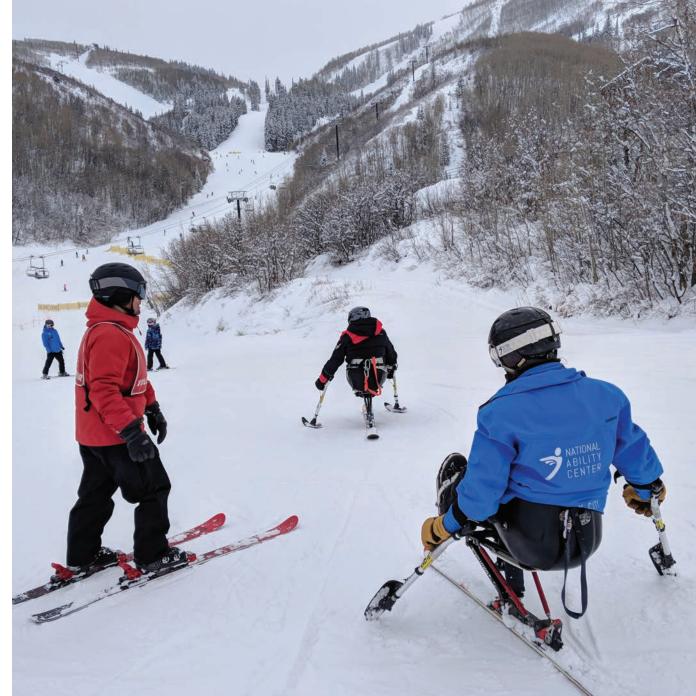














NAC SUMMER Sled Rangers Signature Event

Just look at these photos. We took a bunch of kids back to Park City in the Summer of 2019 for handcycling, archery, challenge courses, and wall climbing. We also went rafting and boating, but nobody wanted to risk losing their cameras, so no photos to show you!













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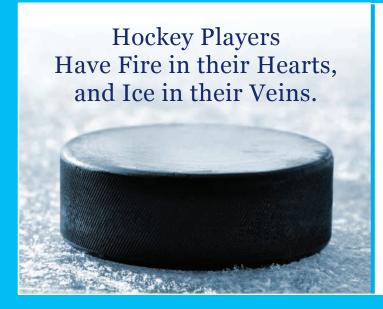


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and self-confidence of physically disabled youth in New York City.



Incenter is very happy to support Breakaway 2020 and to play our part in helping to make the WSF Sled Rangers the best ice hockey program in the USA.





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Let's go Rangers!





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We are honored to be able to provide support to the Wheelchair Sports Federation for such a noble cause, and to be able to help increase opportunity for youth in our communities.



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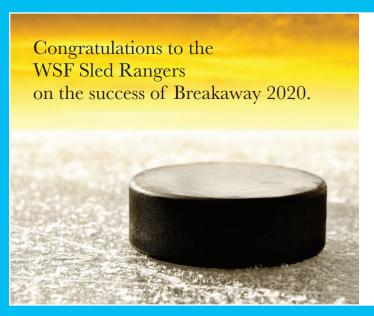




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We are proud to support the WSF and its commitment to providing opportunities for people living with physical disabilities to play sports, build confidence and create lifelong friendships.

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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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and their commitment to providing adaptive athletes with an opportunity to shine both on and off the ice.





















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