



Physically challenged athletes participate in track and field at local and regional meets organized under National Disability Sports Alliance and Wheelchair Sports, USA regulations.



Our program is made possible by fund-raisers and donations. Groups and organizations which have contributed to the Free Spirits include:

- CJ Memorial Foundation
- Knights of Columbus
- Derby Recreation Commission
- USD 260
- Countless others



**If you want more information about the Free Spirits, please contact**

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**We are  
the Free Spirits**





## What is the Free Spirit program?

The Free Spirits organization provides opportunities to participate in various recreation and leisure activities.



## Who is included?

Individuals with intellectual and/or physical disabilities in the Derby area are served by the Free Spirits program.

## How is it organized?

The Free Spirits program is directed by a volunteer board of directors. It has a 501(c)3 not for profit status.

Activities are coordinated by the Special Populations Coordinator employed by the Derby Recreation Commission. Sports activities are managed by volunteer coaches.



## What about activities for those who don't care for sports?

There are activities such as holiday parties, participation in local parades, horseback riding, and many other field trips.



## **Special Olympics**

The Special Olympic sports in which the Free Spirits participate include

- Bocce
- Bowling
- Volleyball
- Basketball
- Cheerleading
- Gymnastics
- Track and field
- Swimming

