



## **Sports and Recreation Outcomes 2008**

Courage Center realizes that to live a life full of possibilities, people with disabilities must also be involved in recreation. As an organization, Courage Center provide opportunities to be involved in lifetime sports such as hand cycling, downhill skiing, waterskiing, competitive team sports such as basketball, quad rugby, goal ball, power soccer and softball, and creative activities such as crafts, painting and photography. Courage Center's Sports & Recreation and Creative Arts programs pride themselves on providing sports and recreational opportunities to persons of any age and ability.

91% of clients had fun when they participated in sports and rec.

82% of clients felt that participation in sports and rec activities had improved their quality of life.

73% of clients felt that participation in sports and rec made them feel better emotionally.

82% of clients felt that participation in sports and rec made them feel more confident in other areas of their lives, including work, school, and community involvement.

91% of clients felt that participation in sports and rec helped them reach their goals for improving or maintaining their skills.

91% of clients felt that participation in sports and rec made them more satisfied with their level of independence.

82% of clients felt that participation in sports and rec made them more able to participate more actively in the community.

100% would recommend Courage Center to others.