



# **Paralympic Athletes in an Integrated Training Environment**

**Presented by: Scott Douglas  
Director of Athletics  
Lakeshore Foundation  
Birmingham, Alabama**

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# Lakeshore Foundation Mission



Lakeshore Foundation's mission is to provide opportunities to Alabamians with physical disabilities the opportunity to live active, healthy lifestyles and participate more fully in the life of their community.

# U.S. Olympic Committee

## Mission Statement

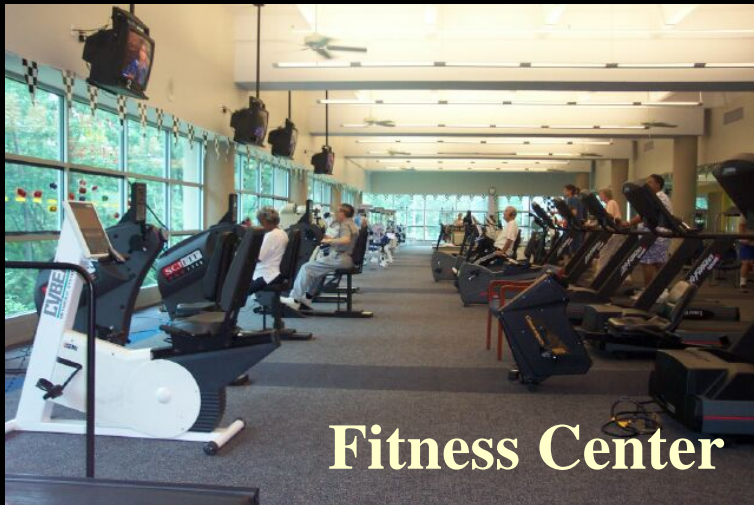


Lead the world's best National Olympic Committee: Help U.S. Olympic athletes achieve sustained competitive excellence while inspiring all Americans and preserving the Olympic ideal.

# Essential Ingredients for an Integrated Training Environment

- **Facilities**
- **Athlete Services**
- **Collaborations**
- **Attitude**

# Facilities





**Tennis Center**

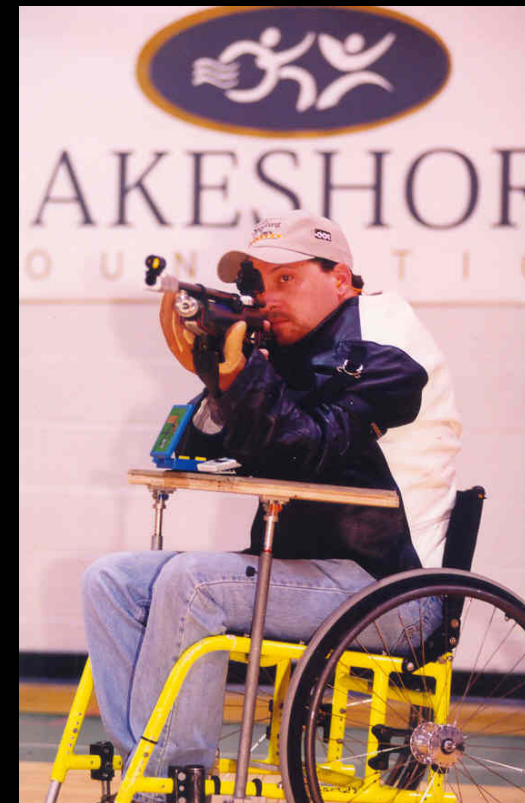


**Shooting Range**



**Common Areas**

# Equipment





# Athlete Services

## Coaching



# Sports Medicine



**Goal:** To assist the athlete in achieving both optimal health and peak performance.

# Strength and Conditioning

**Sport Specific  
Assessments  
(Strength & Power)  
Agility/Speed Development  
Plyometrics  
Flexibility  
Balance**



# Sport Science

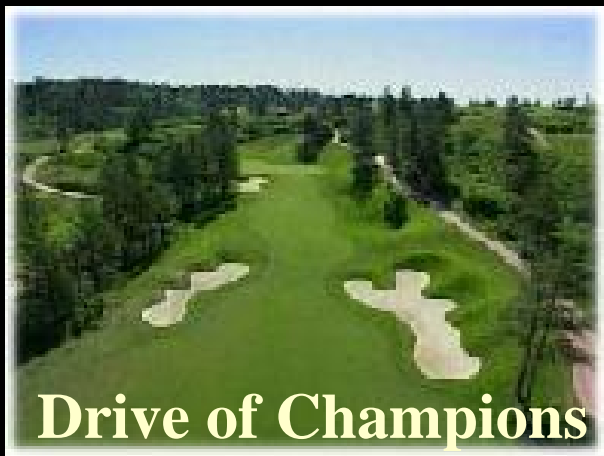


**Aerobic/Anaerobic Capacity**  
**Body Composition Analysis**  
**Isokinetic Strength**  
**Speed/Power**  
**Sport Specific Field Tests**  
**Video Technique Analysis**



➤ **Research & Technology**

# Collaborations



**Drive of Champions**

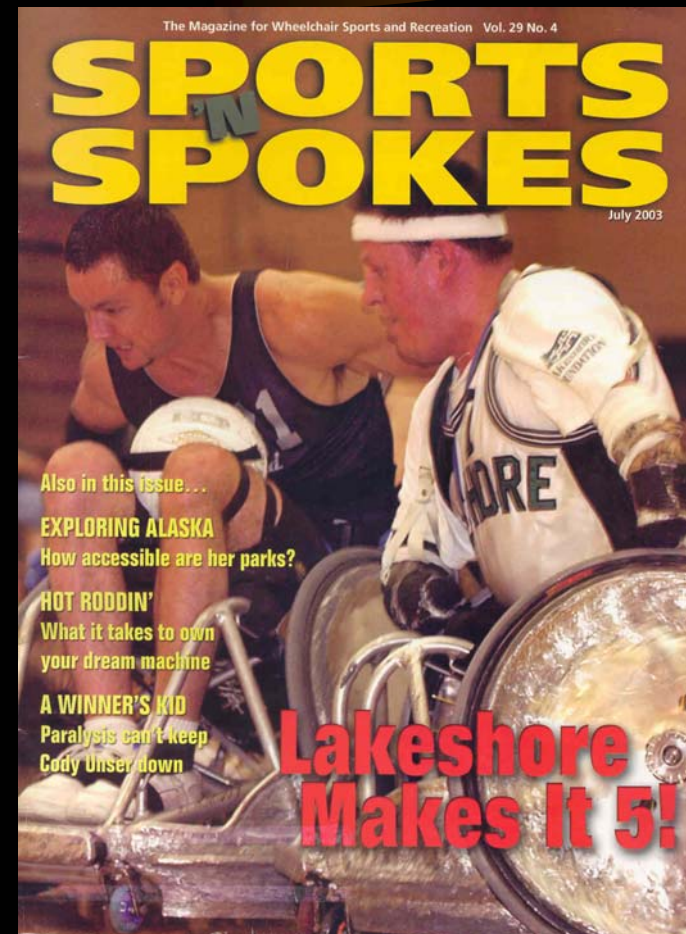
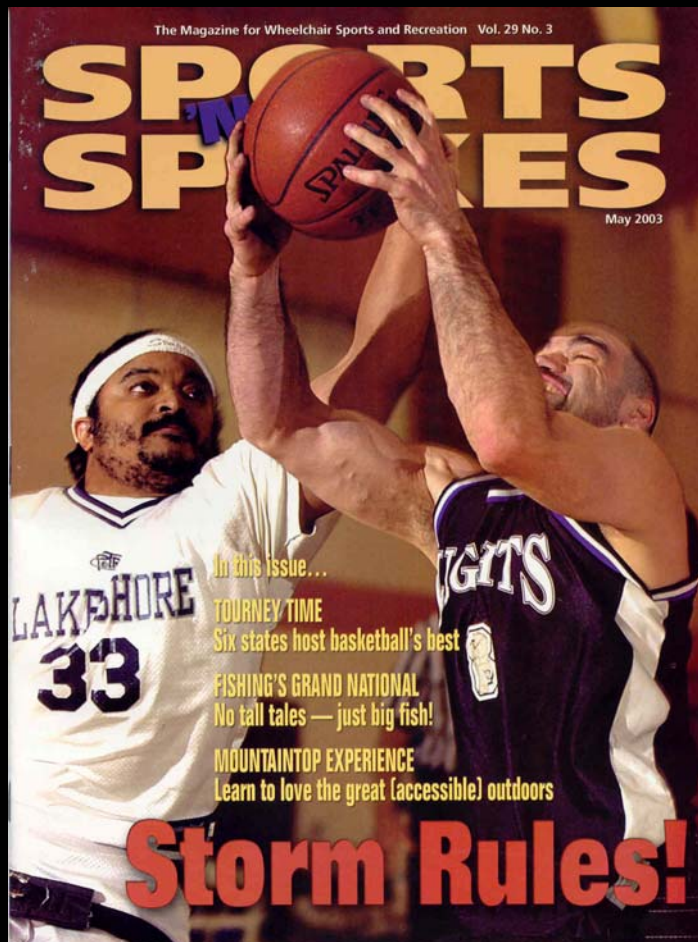
- **Network of athletes, coaches & researchers**
- **Communication**
- **Grassroots Programs**
- **Funding Support**

# Events



# Public Relations

## National Awareness



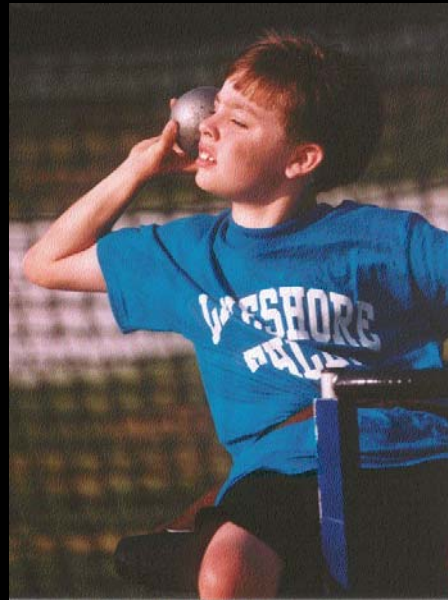


# Marketing

Creating opportunities to build awareness locally, regionally and nationally



# Grassroots Programs



# New National Initiative



U.S. PARALYMPICS



Paralympic Academy



I Am Able

# Jeremy Campbell



Yesterday  
Age 9

**LF programs - 10 years**

**Super Sports**

**Camps**

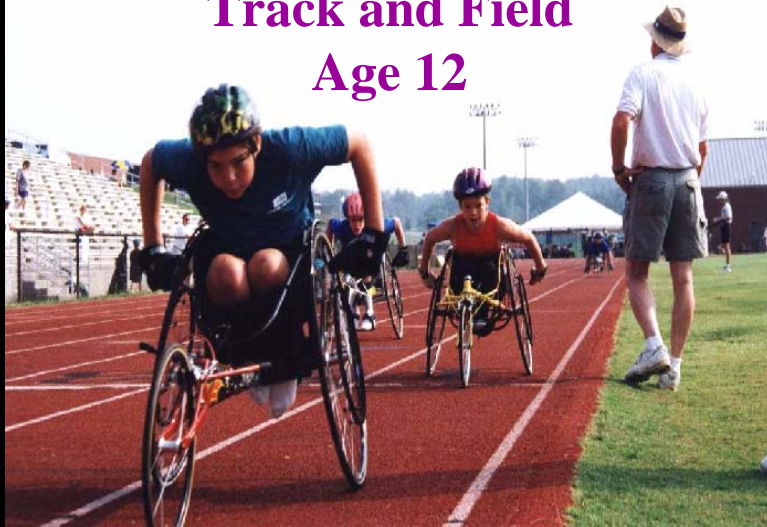
**Career Connections**

**Groundhog Job Shadow Day**

**Lakers Junior Basketball Team**

**Storm Men's Basketball Team**

**Youth National Record Holder  
Track and Field  
Age 12**



**Jeremy Campbell**



**Lakers Team Captain  
Age 15**

**National Champion  
Most Valuable Player  
Age 17**

**...And Today**  
**Student athlete at**  
**the University**  
**of Wisconsin**  
**at Whitewater**

*“Lakeshore Foundation is much more than sports to me. It is the place where I learned self-confidence and developed important relationships.*

*It has opened doors I never thought were possible for someone like me, it has made people look at me as an athlete not a person with a disability.”*

**- Jeremy Campbell**



# Funding Opportunities



# The “Key” Ingredient



**Attitude**

# Contact Us for More Information



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