Dear Friends,

The core of Northwest Association for Blind Athlete’s (NWABA’s) mission is providing opportunities to people who are blind and visually impaired. Increased need from communities across the Northwest resulted in significantly higher numbers of individuals served and expansion of all five of our current programs. The most significant increase occurred in NWABA’s Sports Outreach Program, which experienced a 300% increase in demand. NWABA has plans for continued expansion of current programs this fiscal year. We also hope to implement several new initiatives to better serve our community.

NWABA’s board, staff, and volunteers have spent time this year developing an effective strategic plan to augment program growth, sustain operations, and build capacity within the organization to meet future needs. We are confident this plan will help guide the organization for many years.

As a growing, grassroots organization, we are dedicated to leveraging all available resources to accomplish our mission. This was especially evident this year as demand for programs increased. The generosity of the community helped to ensure that people who are blind and visually impaired were provided opportunities to build physical fitness, muscular strength, confidence, and self-esteem.

Without the generous support of our donors, sponsors, and volunteers, NWABA’s programs would not be possible. Thank you to all who continue to support us. Your generosity helps to empower people with visual impairments!

We hope you enjoy the information and photos in our Annual Report. Please contact us if you would like to learn more about our mission and programs or would like to learn how to get involved with NWABA.

Sincerely,

Billy Henry
Executive Director

Nicholas Wilks
Board President
Lauren Lieberman, PhD, earned her doctorate in adapted physical education at Oregon State University with an emphasis on sensory impairments. Dr. Lieberman is currently a professor and teaches APE at The College at Brockport, State University of New York. She has co-authored several books on sports and physical activity as it relates to the visually impaired. Dr. Lieberman is also the director for Camp Abilities, a one week developmental sports camp for youth with visual impairments. She continues to do research in the areas of blindness and physical activity.

Children with visual impairments are born with the same potential as their sighted peers in relation to physical activity and motor skills. What often holds them back is lack of opportunity and lack of knowledge by instructors, community members, specialists, and parents. It is the lack of opportunities and equal expectations that often hold children with visual impairments back from keeping up with peers in motor skills, physical activities, and even socialization.

In the field of visual impairments there are nine areas that experts have designated essential for children to learn in order to be as independent and productive in their lives as possible. The Expanded Core Curriculum is the name given to these nine areas. The areas are: socialization and interaction skills, compensatory or functional academic skills, orientation and mobility, independent living skills, recreation and leisure, career education, use of assistive technology, sensory efficiency skills, and self-determination. The idea is that these skills would be embedded into core classes so the children are not pulled out of their classes for so many “special” lessons on these important areas. Improving all of these nine areas will help make children’s lives more productive and independent, thus improving quality of life.

Involvement in physical education, recreation, and sports helps children meet the goals in each of these areas. For example, if children learn each sport and activity their peers learn, they will be more likely to be self-determined, make choices, and have control over their lives and what they do during free time. If children learn how to play exergames, play the Wii, and use a talking heart rate monitor, they will know more about assistive technology and be able to generalize this to other technologies. A child who has played baseball and experiences the game both modified as beep baseball or baseball with some modifications is more likely to be involved in conversations during the World Series, therefore improving socialization skills.

Physical education, physical activity, recreation, and sport are essential for quality of life. The key is providing resources to help educate parents and professionals about how to modify sports and activities for the children with visual impairments.

I would like to thank you for your generous scholarship award towards my team’s trip to Orlando this summer. It makes me proud to be able to compete and represent my country, and your help is very much appreciated. I will go and do not only my team, but my country proud. Thank you!

- Chris, Scholarship Recipient
Northwest Association for Blind Athletes

**52**

**Blind and visually impaired individuals impacted through our scholarship program**

Our scholarship program provides funding for blind and visually impaired athletes to participate in local, regional, national, and international competitions. We also award equipment scholarships to help visually impaired people stay physically active. Scholarship recipients would not be able to attend events or purchase equipment without the support of this program.

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**74**

**Blind and visually impaired people served through our Sports Team Program**

NWABA’s Sports Teams program provides blind and visually impaired youth and adults of all ages the opportunity to participate in on-going programming. This helps to build team camaraderie, muscular strength, physical fitness, increased confidence, and self-esteem.

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**185**

**Sports adaptations were provided to athletes, families, teachers, and community organizations**

NWABA provides sports adaptations to blind individuals, families, teachers, and community organizations. Adaptations make it possible for individuals with visual impairments to participate in sports with their peers.

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**355**

**Blind and visually impaired students served through our Sports Outreach Program**

Our Sports Outreach and Development Program provides opportunities for blind youth in grades K-12 to participate in sports and physical activity. Students are introduced to sports through school visits, clinics, camps, and developmental competitions.

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**2,250**

**Contacts with community members to showcase the abilities of the blind**

NWABA’s Public Awareness Program helps educate community members of all ages about the abilities of people who are blind and visually impaired. It gives the general public more information about blindness through awareness events, speaking engagements, and community outreach.
Northwest Association for Blind Athletes was founded on a simple premise - to provide sports opportunities to people who are blind. Since the organization's inception in 2007, it has provided specialized programming to visually impaired individuals of all ages and ability levels. During the organization's first few years, powerlifting was the primary sport. Students practiced in Executive Director Billy Henry's garage for two years, training for local, regional, national, and international competitions. During those first few years, Billy's parents provided dinner twice a week to students on the powerlifting team.

By 2009, the need for NWABA's programs continued to grow; this led to the development of the organization's five-program approach and expansion into new sports such as track and field, judo, and goalball (a sport specifically developed for individuals who are blind and visually impaired). In 2010, NWABA's Sports Outreach Program held its first clinic with over 30 students in attendance. Since then, the need has continued to grow. In 2012, NWABA's programs served approximately 1,000 people with visual impairments. There is a growing need from blind individuals, schools, teachers, parents, and community organizations for NWABA's programs. NWABA's board, staff, and volunteers are prepared to meet the increasing demand.
**Revenue Sources**

- **Foundations**: 45%
- **Individuals & Businesses**: 55%

**Program Expenses**

- **Sports Outreach**: 50%
- **Scholarships & Grants**: 13%
- **Athlete Accounts**: 9%
- **Increasing Visibility**: 3%
- **Sports Teams**: 25%

**Net Assets**

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<tr>
<td>Change in net assets</td>
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**NWABA Volunteers are making a difference**

Northwest Association for Blind Athletes relies on the generosity of our many volunteers to support its programs, operations, and fundraising efforts. This year, over 3,750 hours were spent helping individuals of all ages and ability levels who are blind and visually impaired participate in our five specialized programs. According to the Independent Sector, the average value of a volunteer hour is $21.79; that means NWABA’s total volunteer hours are valued at over $81,000!

**“**

Golfing was a great experience. I enjoyed learning the technique of golf, one on one with the instructor. It was a great learning experience because we were all able to do it individually.

- **Abbey, Program Participant**

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To truly understand why NWABA exists, you only need to attend one athletic event. To see the passion and competiveness the athletes exhibit is awe inspiring. Watching the transformation in the athletes and the pride in the eyes of their parents was one of the most rewarding experiences of my life.

- **Volunteer, Matthew Hoffstetter, Greater Vancouver Chamber of Commerce**
Thanks to you I will be able to represent the USA in powerlifting, which is something that people could only dream of, a chance to represent their country in the sport that they love.

- Nathan, Scholarship Recipient