



# COURAGE KENNY SKI AND SNOWBOARD

## About us

For more than 50 years, Courage Kenny Rehabilitation Institute Ski and Snowboard has provided instruction-based programming that teaches skiing and snowboarding skills to people with disabilities. One of the largest adaptive ski and snowboard programs in the country, CKSS delivers more than 800 lessons annually across four sites in Minnesota and Wisconsin with the support of approximately 300 volunteer instructors, using teaching techniques aligned with PSIA-AASI Adaptive standards.

Over time, participant and volunteer engagement has grown significantly as the program has expanded and refined its teaching methods, instructor training, and program offerings. The depth of instructor expertise, a robust inventory of specialized adaptive equipment, and long-standing partnerships with local ski areas enable CKSS to meet a wide range of participant needs.

Program participants range in age from 6 to 60+ and include individuals with disabilities such as Cerebral Palsy, Traumatic Brain Injury, Spinal Cord Injury, Spina Bifida, Stroke, Autism, visual impairments, and other physical and developmental disabilities.

## About Courage Kenny Rehabilitation Institute

The mission of Courage Kenny Rehabilitation Institute (Courage Kenny) is to deliver comprehensive, integrated and person-centered rehabilitation, maximizing quality of life for people of all ages and all abilities. Courage Kenny helps people achieve health and wellness by offering excellent services, innovative programs, groundbreaking research, and barrier-shattering advocacy. We are guided by our vision to partner with all people to live, work and play to their full potential.

[allinahealth.org/ski](http://allinahealth.org/ski)



## WHO WE SERVE

170 

### ATHLETES

Unique athletes participated in alpine ski and snowboard weekly lessons and clinics

840 

### LESSONS

Ski and snowboard lessons for with athletes with disabilities at our weekly program, veterans clinics, and learn to ski and ride events.

300 

### VOLUNTEERS

Volunteers served 6,840 hours across all of our programs and events.



We asked our participants how being a part of our programs impacted them and this is what they had to say.



99%

Had fun



97%

Feel better emotionally



91%

Feel better physically



93%

Feel more confident



## SUPPORT NEEDED

The Courage Kenny Ski and Snowboard program partners with the Allina Health Foundation to fund the program through donations and grants. Participants pay a registration fee which helps covers a portion of the cost of the program, but not nearly enough to cover all of the expenses, maintaining equipment, volunteer training and more.

Additional funding is needed annually to help keep the program going.

Please consider a [donation](#) today to help Courage Kenny continue to make the slopes accessible to all.



## ADAPTIVE EQUIPMENT

We specialized in teaching lessons with adaptive equipment which is an important part of making skiing and snowboard accessible. We ensure all athletes have access to the right equipment for them.

### Types of Equipment we provide:

- Mountain Man Sit Ski
- Dymanique Adaptive Sit Ski
- Mono skis - various types
- Tessier Sno Kart
- Rider bar
- and much more!





## ANNUAL SPONSORS & PARTNERS

Courage Kenny Ski & Snowboard is made possible through the annual support from Allina Health Foundation donors, sponsors and our partners!

### Thank you Sponsors



Coloplast



SCHEELS



### Thank you Partners



HYLAND HILLS  
SKI AREA



### About Allina Health Foundation

Allina Health Foundation serves as the fundraising arm of Courage Kenny Rehabilitation Institute. It plays a key role in directing fundraising efforts to areas where philanthropy is needed the most, helping fill the gaps where our life changing services and enriching programs are not completely funded by third party payers.

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