



Green Mountain Adaptive Sports - November 2025

Greetings!

As we approach the end of the year, we are now focusing our attention on winter programming, special events, and of course...**FUNDRAISING!**

This is the season when
your support is needed more than EVER!

GMAS is 100% volunteer run and relies on the generosity of our community in the form of donations, DAFs, [sponsorships](#) and personal involvement to support and fund our adaptive sports programs and athletes scholarships.

In 2025, GMAS funded 148 unique Vermont athletes who received 970 adaptive lessons to participate in one of [our nine adaptive sports programs](#) including skiing, swimming, kayaking, rock climbing, skateboarding, and more!



**Yes, YOUR DONATION MATTERS,
and changes the life of a community member AND their family.**

We have many exciting fundraising events and campaigns going on between now and the end of the year.

Get involved and [buy ONLINE raffle tickets](#), [eat out on Giving Tuesday](#), [make a donation](#), or [volunteer](#) your time to help us raise \$20,000 by the end of the year.

Your gift today provides unique sports experiences for a neighbor with special needs. Please, take 30 seconds and make a tax-deductible donation if you can.

THANK YOU and enjoy this newsletter.

The GMAS Team
EIN #27-4015887

[Make a year end donation](#)

Fundraisers Keep GMAS Going Strong!



CommUNITY Challenge
Get Involved in raising funds for GMAS! Create a fundraiser, set a goal, and solicit your peers. If you prefer, you can also simply donate to another fundraiser, or to the general campaign!

[Get involved](#)



GMAS Party at Sushi Yoshi
Giving Tuesday is on Dec 2, and you are invited to join GMAS for a fun night of good food, good friends, and of course, a huge raffle! Come by for a beverage, a full meal, take out, we want to see you!

[Read more](#)



Winter Solstice Party
The best snow dance party is back at Stowe Cider on Friday, Dec 19th. Live music is provided by Lost Nation and The Deadbeats. Don't miss the incredible raffle, the event benefits GMAS.

[Read more](#)



Eat Out and Shop and Support GMAS on Giving Tuesday

We are teaming up with over 20 local restaurants and stores for this important Giving Tuesday fundraiser. The event is on Tuesday, December 2nd, and we encourage you to enjoy a meal at a favorite restaurant, and get a head start on your holiday shopping by visiting businesses who donate a portion of their sales to GMAS. See the list on the link below. [Contact us](#) to add your business!

[Read more](#)

Latest News and Upcoming Events



GMAS Ski and Ride Program at Max Capacity for 2026

It took only a couple of weeks for 45 applicants to register and be awarded ski and ride lessons at Stowe and at Smugglers' Notch Resort for the upcoming ski season. We are so excited to be able to expand our offerings this year, thanks in parts to a matching grant from the Vermont Community Foundation.

[Read more](#)



GMAS Offers Adaptive Skateboarding Program at Talent in Burlington

The first five-week session of our NEW Adaptive Skateboard Program is going strong and everyone seems to be making progress. We are accepting applications to participate in the next block of five lessons which will start in January 2026. Try something new, and apply today.

[Register](#)



TetraSki and SnowKart Ski Lessons at Stowe

We were able to serve 24 more people with the addition of this incredible program last year, and we expect even more in 2026! These adaptive skis provide people with complex disabilities with the amazing experience of independent skiing. There are still a few openings to register for this program which kicks off in January.

[Read more](#)



Stowe Monoski Camp is Jan 11-12

It's not too late to sign up for the 14th Annual Stowe Monoski Camp on Sunday, January 11-12, 2026. Monoskiers of all abilities are welcome - until we reach capacity. Sunday is open to monoskiers of all levels, and Monday is for experts only. The event is limited to 20 monoskiers ages 21 and up. We are presently also welcoming sponsors.

[Sign up](#)



Smashing Success at The Heady Trotter

The weather could not have been any better for this year Heady Trotter race, and everyone showed up with energy to spare! Sadly, we came \$1,500 short of our \$20,000 goal to unlock the full matching grant from The Vermont Community Foundation. Regardless, the outpouring of generosity from our community shows just how much we can accomplish together. Thanks to all involved, we can't wait to do it all over again in 2026!

[Read more](#)



Zumba Dance at "Groove Beyond" event was a BLAST at The EDGE in Essex Junction

Thanks to Eileen Casey, Regina Patterson and everyone who danced their hearts out with members of Zumba Vermont at the EDGE last month. We are grateful for your time, energy, LOVE and support of GMAS. The event was a blast and raised funds for GMAS. Thanks to all involved, and the businesses who donated prizes for the raffle.

[Read more](#)



GMAS Peer-to-Peer Mentorship Program

Have you, or someone you know, recently experienced a life changing event that has left you with a disability, and are now uncertain where to start to rebuild and reconnect with your community? The GMAS Peer to Peer (P2P) Mentorship Program offers personalized one-on-one support and resources for people navigating the change and the transition to an altered lifestyle.

[Read more](#)



Virtual Monoski Clinics Recording Available on GMAS Webpage

Covid brought skiing to a halt five years ago but GMAS saw an opportunity to create something special during those challenging times. We rounded up a group of experts and created a series of virtual monoski clinics to help people select the right monoski, and get expert tips through a movement analysis. Some of these sessions are still available on our webpage, so if you need a little refresher before hitting the slopes, get comfortable and watch them from the comfort of your home!

[View Recordings](#)



GMAS Athletes Get Ride Along at NH Motor Speedway

Four GMAS athletes got to ride along in a Super Car at the New Hampshire Speedway thanks to the generosity of [The Xtreme Experience](#) and their lead instructors, including John Chudzik, a GMAS board member. If you missed this, we will do it again next year, and possibly also team up with [Just Hands](#) for a session or two. We will keep you posted.

[Read the Recap](#)



Become a 2026 GMAS Sponsor

Get a piece of the action, and see your company name, and logo displayed at Green Mountain Adaptive Sports's events. We offer different levels of sponsorship and are excited to get your business involved with the success of our amazing organization. Contact [Pascale](#) for a custom package.

[Become a sponsor](#)



We want your photos!

We are always looking for fun photos to use in newsletters such as this one, and on social media. If you have good quality photos you'd like to share, please email them to Pascale.

Thanks!

[Email Pascale](#)

Supporting GMAS is

Supporting your LOCAL COMMUNITY



Green Mountain Adaptive Sports is a Vermont-based non-profit founded in 2010 on the belief that access to sports and recreational programs is a powerful means for people with disabilities to develop independence as well as physical and mental well-being. We focus on getting people out and having fun. We value the effect our programs have on entire families. Thank you for helping us creating sports opportunities for people of ALL abilities.

[Donate](#)

Become One of our Valued Sponsors!



[Donate today](#)

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