

## Lakeshore Foundation for Olympic/Paralympic Training



### By Andrea Kushman: the Certified Athletic Trainer and Dartfish Specialist at the Lakeshore Foundation - an Olympic and Paralympic Training Site

Andrea Kushman's area of specialization is sports medicine for athletes with physical disabilities. The Lakeshore Foundation is a non-profit organization dedicated to improving the lives of children and adults with physical disabilities or chronic health conditions, by providing physical activity, sport and education. Various

programs such as recreation, fitness, aquatics and competitive athletics are offered to address these goals.

The Lakeshore Foundation purchased Dartfish with the intention of using this software across all areas of programming. Youth, recreational, competitive and elite athletes will benefit

from the multitude of functions built in to this software. Competitive and elite athletes benefit from feedback on individual technique and game analysis.

### Use of Dartfish

#### For the U.S. Paralympics Wheelchair Rugby Team

Use of Dartfish software at The Lakeshore Foundation includes the U.S. Paralympics Wheelchair Rugby Team, who won a bronze medal at the 2004 Paralympic Games in Athens, Greece, as well as being used with our competitive athletic teams. These teams consist of men's and women's wheelchair basketball, wheelchair tennis, wheelchair rugby, wheelchair track and field, swimming, and power lifting. Another focus is the strength and conditioning of these athletes throughout their training cycles, including preseason, in-season, and off-season.



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