

# ATHLETES WITHOUT LIMITS

Here in the US, Athletes Without Limits helps athletes identify coaching, training and competition opportunities at the national, regional and local level with a focus on the integration of athletes with intellectual disability into mainstream and Paralympic sport. Athletes Without Limits oversees the selection process, registration and travel arrangements for US teams traveling to INAS competitions.

Athletes Without Limits currently promotes athletes in: Rowing, Basketball, Cycling, Swimming, Track & Field, Skiing, Table tennis, Taeikwondo, Tennis & Triathlon.

**AWL Rowing DC** partners with DC Strokes Rowing Club and USRowing to provide both WATER & INDOOR rowing in the Metro DC Area and boasts an award winning program both locally and nationally.

JOIN OUR WINTER TRAINING PROGRAM BASED HERE IN ARLINGTON, VA!  
SUNDAY'S 4-6pm & WEDNESDAY'S 6:30-7:30pm  
EMAIL TO SCHEDULE: [PATRICK@ATHLETESWITHOUTLIMITS.ORG](mailto:PATRICK@ATHLETESWITHOUTLIMITS.ORG)



**FITNESS**  
**TEAMWORK**  
**INTEGRATION**  
**COMMUNITY**  
***NO LIMITS!!***



**MISSION:** *To promote inclusivity in sport for all, especially US athletes with intellectual disability.*



## CrossFit Adaptation

4144 S Four Mile Run Drive



Arlington, Va 22206

