



Dear ASF Community,

The Adaptive Sports Foundation has elevated and connected the Windham community beyond measure!

Volunteering my time to coach skateboarding for this incredible nonprofit has been a heartwarming experience, and I'm very grateful to be part of it, especially as I support their mission to empower students and participants with disabilities.

For over 25 years of my life, skateboarding and snowboarding have been forms of inspiration, therapy, social encouragement, and creative thinking for me. In working with the ASF, I have been able to share my lifelong passions with others, and I must say that doing so has shown me how students with various disabilities learn and progress. Even the returning students who have been coming for years continue to show improvements session after session.

Through volunteering with the ASF's skateboard program, I have witnessed how the ASF not only builds each student's physical progression in the activities they engage in, but also their social confidence. Seeing their personalities shine when they're having fun with friends in a comfortable space is a beautiful sight, and as volunteers, that's what we do it for.

At the ASF, every student, parent, caretaker, and volunteer feels like family! No matter what your needs are, you can trust that your ASF family will be there for you with their full attention and support.

I remember one particular occasion when a student worked hard with the coaches to learn to skateboard without assistance, and the next thing I knew, he was skateboarding around the entire park nonstop for hours. We had to call him in for lunch because he just wouldn't stop! Even after lunch, he kept skating until the program ended. Having a healthy activity that makes you lose track of time, like this, is a great way to tune in to yourself.

I encourage anyone who has ever considered volunteering to do so, and if possible, to support this beautiful program by donating to the 2025 ASF Annual Fund. Your support helps to keep these programs running strong and inspires everyone.

With appreciation and gratitude,

Johnny O'Connor
Head ASF Skateboard Coach