

Falsafadaha Ciyaaraha Fudud Dugsiyada Dadweynaha Minneapolis

La qabsiga falsafadaha ciyaaraha fudud ee dugsiyada Minneapolis waa in u diyaariyaan ardayda, ciyaaro ammaan ah oo xiiso iyo waayo aragnimo u leh ardayda adeegyada gaar ah si ay uga qeyb galaan tartanka ee ciyaaraha fudud u baahan. dadka waaweyni u taageeraan, si kor loogu qaado waayo aragnimada bulshadeed iyo dhaqanka ardayga, kulanka, ciyaaraha fudud, iyo saaxiibtinimada



Naafada Lixaadka

Barnaamijka MSHSL qabatinka ciyaaraha fudud qeybtiisa PI Division waxaa si qaas ah loogu talo galay ardayda ay lixaadkoodu naafada tahay, kuwaas xaga caafimaadka loo ogolaaday inay ka qeyb qaadan karaan tartanada ciyaaraha fudud.

Garashada Dhiman

Barnaamijka ciyaaraha fudud ee MSHSL Waxaa si gaar ah loogu talo galay Ardayda naafada ee garashada dhiman kuwaas oo who have medical clearance to compete in competitive athletics. Dhaqaatiirtooda xaqiijiyeen inay ciyaari karaan ciyaaraha fudud.

Xilliyada/Ciyaaraha

DAYRTA (Waxay biloowdaan horanta bisha Siteembar): Waxaa la qabanayaa kubada cagta *Cl iyo PI* oo lagu ciyaarayo guda gym-ka, labo koox oo todobo ruux ka kooban ayaa iska soo horjeesanaya ciyaaraya. si horyaal jir ahaaneed u dhismaya (PI) labada koox waxay ay isticmaaleysaa kuraasta curyaamiinta wheelchairs ama kuwo lagu socdo (Qalab caawinaya).

Jiilalka (Waxaa uu billowdaa bisha Nofeembar dhexdeeda): Waxaa la qabanayaa *Floor Hockey Cl iyo PI* – oo lagu ciyaarayo gym-ka, iyadoo laysaga soo hor jeesan doono labo koox oo ka kooban lix qof. oo ciyaaraya. si horyaal jir ahaaneed u dhismaya (PI) labada koox waxay ay isticmaaleysaa kuraasta curyaamiinta wheelchairs ama kuwo lagu socdo (Qalab caawinaya).

Gu'ga (Waxaa uu billowdaa bisha Maarso dhexdeeda): *Softball Waxaa la qabanayaa Cl iyo PI* oo ay ku iyaari doonaan gym-ka, iyagoo ah labo koox oo iska soo horjiida kana kooban lix qof. si horyaal jir ahaaneed u dhismaya (PI) labada koox waxay ay isticmaaleysaa kuraasta curyaamiinta wheelchairs ama kuwo lagu socdo (Qalab caawinaya).

La qaban doonaa Bowling Cl iyo PI – waxaa lagu tababari doonaa rugta bowling alleys todobaad kasta. iyagoo halkii mar ay cayaarayaan sideed ciyaartooy. Kana qeyb galidoodaan tartanka koobka gobolka.

MSHSL Track iyo Field Wheelchair Division – Ardayda u qalanta inay ka mid noqdaandhacdooyinka soo socda: 100m, 200m, 400m, 800m, 3200m, in ay isku dayaan laga wada hadli doonaa. Tababaradoodu waxaa uu ka dhici doonaa dugsiya sare, ardaydu waxay sibuuuxda ugu tababaranayaan orodka garoonka.

Xagaaga (Waxuu bilowdaa bisha Juun): *Olympica Gaarka ah* – Ardayda u qalanta inay u tababartaan si uga qeyb-galaan howlaha orodada garoonka



La Kulan Saaxiibo Cusub!



Qabatinka Ciyaaraha

Ciyaar in dhaafsiisan xadkaaga!

Dugsiyada Dadweynaha MinneapolisMPS howlgalka waaxda ciyaaraha: ayaa kor uqaadaya abuurka fursadaha ciyaaraha fudud ee dhamaan ardayda oo dhan.



Yaa u Qalma?

Waxaa xaq u leh dhamaan ardayda MPS ee dhigata fasalada 7^{aad} ilaa iyo 12^{aad} kuwooda naafada ka ah lixaadka iyo fahanka

PI Division – A ardaygu waxaa uu u qalmaa in uu u tarmamo PI Division hadii uu uusoo baxo sharuudaha soo socda. Ardaygu waa inuu haystaan baadhitaanada naafada ducumentiyadooda labada qeybood mid ka mid ah ee hoos ku xusan: (Waa muhiim inay haystaan dukumiintiyada cadaynaya baadhitaanka dhaqtaka ama kaaliyaha caafimaadka):

1) Murqaha, Dheelitirnaanta lafaha jirka, koriitaanka, ama itaalero dareemayaashiisa saameynasa ama dhaq-dhaqaaqiisa, u baahan qalab ka caawiya itaal darida, ama u baahan qalabka sancada ama qalab u sahlaya socodka oo aan xadadneyn, Ulaah ay curyaamada ku boodaan, ama gaariga curyaamada wheelchairs.

2) Dhantaalnaanta Cardiorespiratory waa in loo arko mid ammaan ah oo uu kaga qeyb-gali karo tartanada ciyaaraha fudud laakiin kuwas oo ah kuwo xadadan inta ay ku jiraan howlaha ciyaaraha fudud oo ka badanin shan-daaiiqo boqolkiiba 60% garaaca wahalbowlayaaya wadnaha kuwaas oo cadi u ah ayna ansaxiyeen howl wadeenada caafimaadka.

Wax yaabaha gaarka u ah tartanka PI: Waxaa jira xaalado caafimaad oo naafada jikaa, **wax-yaabaha aan laga saarin ee ku xusan kor oo ah xaaladaha naafada jirka** ardayda ku sugan xaaladahaas uma qalmi doonaan ka qeyb-qaadashada tartanka ciyaaraha fudud ee PI Division inkastoo qaar ka mid ah sharuudaha aanu qaadan karno sababo dhaqtaka ardayga uu soo ansaxiyo, dugsiga ardayga, ama hay'adaha dowlig. Fadlan tixraac liiska barta internetka MSHSL.

CI Division – A. Ardayga waxaa uu xaq u leeyahay in uu buuxiyo CI Division tixraaca qiimeyntaan. Ardaygu waa in uu haystaa baadhitaanada iyo dukumiintayadooda, garashada dhiman, (cognitive impairment). Ardayga garashada dhiman waxaa looga jeedaa ardayda waxbarashada aqooneed hooseeya oo lagu qeexay a **Cabirka miisaanka** aqligooda 70 ama ka hoos, iyagoo la isticmaalayo heer-qaran, oo farsamo ahaan ku filan, iyo qaadashada imtixaanka maamulka fahamka awooda garaadka.

Waxyaabaha ku xusan Foomka Tartanka Ciyaaraha fudud CI: Ardayda waxy u qalmayaan inay ka qeyb qaataan barnaamijka ciyaaraha fudud marka ay soo dhameystiraan heerka sharuudaha xaq u yeelashada barnaamijka. Dhamaan ardaydu waa in ay mnopqdaad heerka cabirka IQ-ga 70 ka kor inta uusan bilaabin qeybaha ciyaaraha fudud. Fadlan tixraac liiska barta internetka MSHSL.

Googaha lagu marti-galinyo:

Waxaa lagu qaban doona dhinacyo kala duwan. Gaadiid ayaa diyaar idiin ku ah dugsiyada .

Waxaa lagu qabanayaa ciyaaraha PAI Dugsiga Sare ee South High -

Waxaa lagu qabanayaa dhamaan ciyaaraha CI Dugsiga sare ee Roosevelt.

Dhamaan dugsiyada Sare intooda kale waxay qabanayaan Bowling-ka Dugsiga Green Central waxaa uu qabanayaa Olympics

Gaadiidka: Dhamaan ciyaartooyda ardayda ka qeyb-qaadaneysa waxaa ay leeyihiin gaadiid qaada. Basaska dugsiyada ayaa qaadi doona dugsigooda ilaa iyo dugsiyada kale si ay u ciyaaraan. Basasku waxay geendoonaan oo kale ardayda guryahooda.

Xiriirida:

Fadlan la xiriir agaasimaha ciyaaraha fudud ee ka mas'uulka ah dugsiga uu ilmahaaga dhigto hadii aad u baahan tahay gaadiidka basask, Foomamka iyo xaq uyeelashada barnaamijka.

[Agaasimayaasha ciyaaraha Fudud ee Minneapolis:](#)

Dugsiga sare Edison/Heritage Academy
Brett McNeal 612.668.1344

Dugsiga sare North High School
Dr. Leo Lewis 612.668.1727

Dugsiga sare Henry/FAIR
Guillaume Paek 612.668.1947

Dugsiga sare Roosevelt/Wellstone
Dennis Stockmo 612.668.4859

Dugsiga sare South High
Amy Cardarelle 612.668.4324

Dugsiga sare Southwest
Ryan Lamberty 612.668.3035

Dugsiga sare Washburn
Reginald Perkins 612.668.3456

Taariikhda.

Sanadkii 1969, ayaa ardayga lixaadka naafada, Jim Christy ayaa waxaa uu weydiistey macalinka waxbarashada qaaska jimicsiga jirka ee dugsiga sare Marshal Ed Prohofskey, waa maxay sababta ay ardayda waxbarashada qaaska ah uga qeyb qaadan waayeen tartanka ciyaaraha fudud ee dhalinyarada la da'da ah. Kadib markii uu Jim ka qalan-jabiyeey isaga iyo labo kale oo ardayda naafada waxbarashada qaaska ah, Paul Pranghofer iyo TonyLeBaun, ayaa sabab u noqdeen. Inay in la ciyaaro ciyaaraha fudud iyagoo loogu habaynayo baahidooda. Horyaalkii ugu horeeyey ee Floor Hockey waxaa la qabtay 1974. Iyo 1979 waxaa kaloo la qabtay kubada cagta oo loogu habeeyey baahida ardayga. Dhaqdhaqqaqu waa sii socday ilaa iyo sanadkii 1992, agaasimaha ciyaaraha Minneapolis South, Cathy Peterson, ayaa soo bandhigtay ciyaaraha Minnesota State High School League ay soo jeedisay ciyaaraha fudud in la aqbal MSLSL-ka, waana la isku raacay lana ansixiyey. Jim Christy waxaa uu hada kayahay tababare dugsiyada dadweynaha Minneapolis iyo dugsiga sare ee South High. Wixii warbixino dheeraad ah ee la xiriira taariikhdeena fadlan booqo shabakadeena Minnesota Adapted Athletics History:

<http://mnadaptedathletics.org/se3bin/cliente.cgi?G5buton=14&articleID=3>

Isku-xiraha

Minnesota State High School League

www.mshsl.org

MAAA - Minnesota Adapted Athletics Association

<http://mnadaptedathletics.org/>

www.maaconference.org

MPS Athletics - Minneapolis Public Schools Athletics

www.mpls-city.org

