

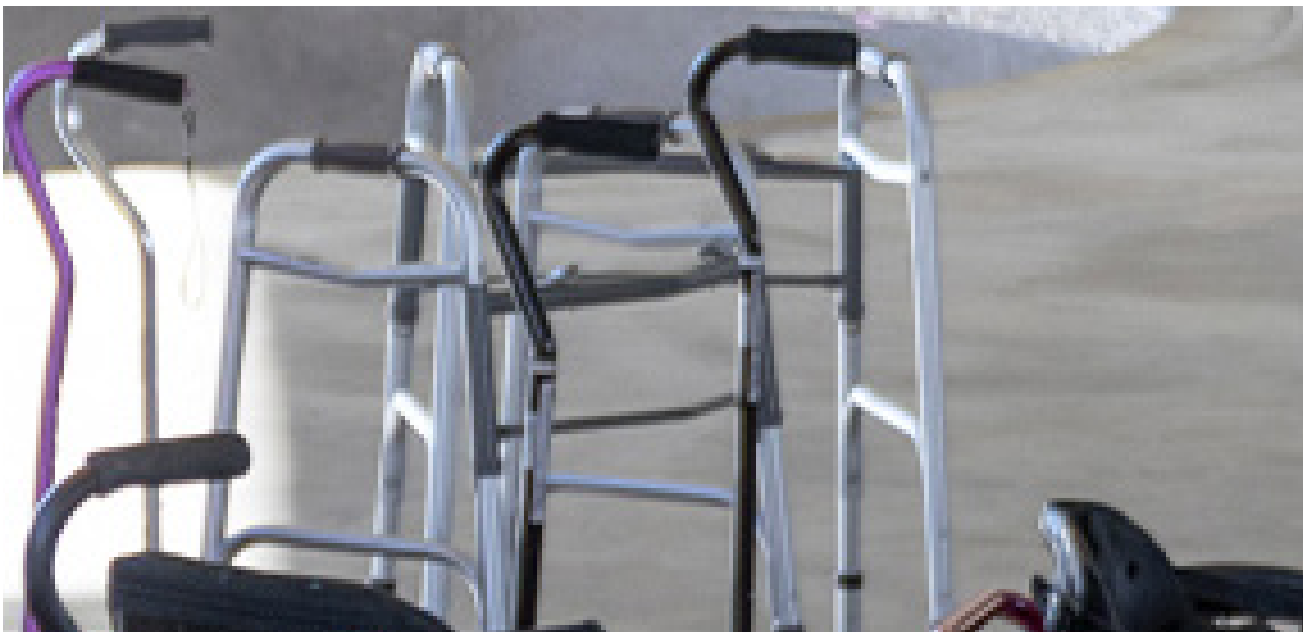
# WCMX & ADAPTIVE SKATE HANDBOOK

A Guide for Nonprofits, Organizations,  
and Individuals Looking to Start and  
Expand WCMX & Adaptive Skate  
Programs

**Prepared By**  
**Tony Torres & Andrew Garcia**

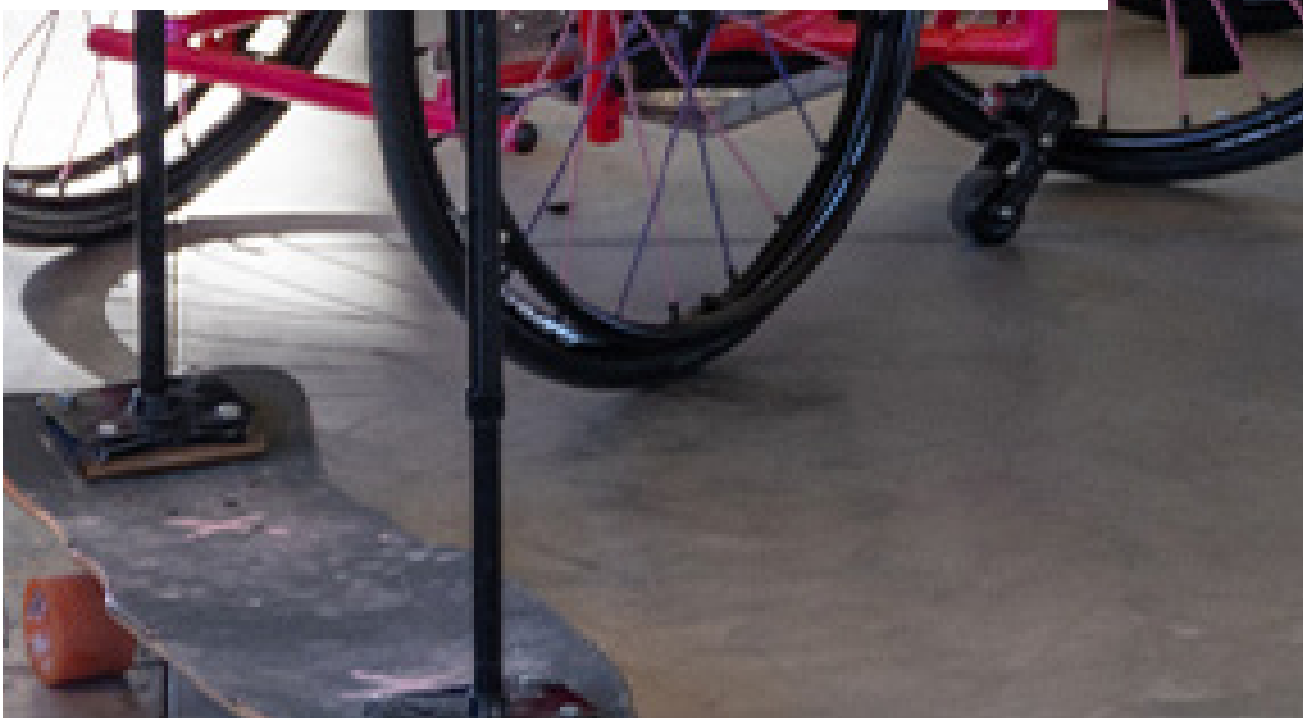
2025-2026





# INTRODUCTION

Welcome to the movement. Whether you're a new athlete, a curious parent, a passionate coach, or a community leader ready to start something powerful—this Quick Handbook is your go-to guide. Condensed from our full WCMX & Adaptive Skate Playbook, this version is built for fast reference, smooth flow, and action.



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Empowerment Through Adaptive Action Sports | Tony Torres, Victor Nelson, Andrew Garcia

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# WHO WE ARE

We're a community of adaptive athletes, coaches, and advocates pushing boundaries through WCMX and adaptive skateboarding. This handbook was built from real experience—to help riders, families, and organizations learn, grow, and create inclusive programs.

Whether you're just getting started or looking to build something bigger, we're here to help you roll, ride, and rise.



## UNIFIED MOTION, INC.

Unified Motion Inc. empowers individuals of all abilities through WCMX, adaptive skateboarding, and wheelchair sports, creating inclusive opportunities for skill development, competition, and advocacy.

- Established in 2025
- Based in New Orleans, LA
- All inclusive sports

## ABILITIES SKATEBOARDING & ACTION SPORTS

Our mission is to include, teach & support people living with & without dis(abilities) to be a part of the skateboarding and action sports community.

- Founded in 2023
- Based in San Antonio, TX
- Adaptive Skateboarding & WCMX



## CHAPTER 1: WHAT IS WCMX AND ADAPTIVE SKATEBOARDING?

WCMX (Wheelchair Motocross) and Adaptive Skateboarding are action sports where mobility devices meet creativity, grit, and adrenaline. WCMX athletes use customized wheelchairs to perform tricks, grinds, and aerials on ramps and rails. Adaptive skateboarders use boards designed or adjusted to match their unique needs—prosthetic supports, wider decks, or modified trucks. These sports challenge stereotypes, build confidence, and create inclusive communities.



### Key Highlights:

- WCMX uses modified wheelchairs for skatepark-style tricks.
- Adaptive skateboards are often modified for prosthetic compatibility and balance.
- The sports are rooted in community, self-expression, and barrier-breaking.



## CHAPTER 2: GETTING STARTED—BUILDING A PROGRAM

Starting an adaptive skate or WCMX program begins with understanding your audience. Whether it's youth, veterans, or aspiring competitors, tailoring your program around their needs creates a stronger impact. From there, set clear goals, secure the right location, and gather a solid support network.



## CHAPTER 3: SAFETY FIRST

Safety isn't just gear—it's a mindset. Create a safety-first culture where athletes are prepared and confident. Gear matters, but so do warm-ups, clear progression, and knowing when to push or pause.



Every event needs a clear Emergency Action Plan that's shared with staff, volunteers, and participants. It should cover what to do in case of injury, severe weather, or other emergencies. Make sure everyone knows who's in charge, how to contact emergency services, and where the nearest hospital is. Review the plan before each event and keep it posted where it's easy to find. A well-communicated EAP keeps everyone safer and more confident.

### Essentials to Build Your Program:

- Define your audience and set goals: fun, therapy, or competition.
- Find accessible skateparks with smooth surfaces and entry ramps.
- Get the gear: helmets, pads, WCMX-ready chairs, adaptive skateboards.
- Assemble a team: coaches, mentors, volunteers, and local advocates.
- Promote your program through social media, flyers, and community events.

### Safety Must-Haves:

- Helmets, pads, gloves, and protective gear.
- Warm-up routines with mobility and balance drills.
- Instruction in safe falling and spotting techniques.
- Emergency Action Plan (EAP) ready and communicated.
- Trained staff and volunteers on site.



PAIR MILESTONES  
WITH  
MENTORSHIP  
AND CELEBRATE  
EVERY LEVEL-UP.



## CHAPTER 4: SPOTTERS & PUSHERS

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Behind every big moment at the skatepark, there's often someone nearby lending a hand—steadyng a chair, giving a light push, or standing by to catch a fall. Spotters and pushers are the volunteers who make those moments possible.

Their job isn't to do the trick for the athlete—it's to help them feel safe enough to try. That might mean guiding a rider into a ramp, supporting balance during a trick, or giving verbal encouragement when someone's nervous. Especially for new athletes or those with limited strength, that physical and emotional support can make all the difference.

Spotters are part of the culture, not just the crew. When done right, spotting builds trust, reduces injury risk, and creates a space where everyone can focus on growth, not fear.

Train them. Appreciate them. They're the quiet engine behind progress.



## CHAPTER 5: SKILL PROGRESSION & CLASSIFICATION

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Progression builds confidence. Start simple and grow with the athlete. Classification helps coaches tailor instruction while creating fair competition divisions. Let athletes find their style while mastering core skills at their own pace.

### Progression Breakdown:

- Beginner: Basic rolling, stopping, turning, balance, wheelies.
- Intermediate: Grinds, 180s, drop-ins, small jumps.
- Advanced: Aerials, flips, complex trick combos.

## CHAPTER 6: CLINICS THAT INSPIRE

Clinics are where passion meets practice. Structure and energy make all the difference. Start with a warm welcome, build in safety briefings, and let athletes roll with confidence. Always end with reflection and community.



### CLINIC FLOW:

- Introductions and goals
- Safety and gear briefing
- Warm-ups and balance drills
- Skill-building sessions by level
- Confidence games and trick showcases
- Wrap-up and personal reflection

Mentorship is key—  
pair new athletes with  
experienced ones.



## CHAPTER 7: ADAPTIVE SKATEPARK DESIGN

### Recommended Features:

- Smooth concrete and seamless transitions
- Wide bowls, low rails, and shallow ramps
- ADA pathways and bathrooms, parking, and shaded rest areas
- Pads on hard surfaces and safe layout flow



## CHAPTER 8: COMPETITIONS & EVENTS

Competitions bring excitement and purpose. They showcase ability, boost confidence, and grow the adaptive sports culture. Plan thoughtfully and celebrate creativity, effort, and community.

### EVENT ELEMENTS:

- Skill-based divisions (Non Competitive • Intermediate • Pro)
- Jam sessions, timed runs, and trick challenges
- Awards like Best Trick, Most Improved, Fan Favorite
- Accessible venues and trained support teams
- Inclusive promotion before, during, and after



“It’s not just about winning—it’s about showing up, rolling in, and proving that every athlete deserves a platform to shine.”



## CHAPTER 9: SPONSORSHIPS & SUPPORT

### How to Build Support:

Programs need resources to grow. Funding isn’t just about dollars—it’s about building relationships with people who believe in your mission. Show them the impact, and invite them into the journey.

- Create sponsorship packages with emotional and social ROI
- Apply for adaptive sports grants and community funding
- Host fundraising events that showcase athletes
- Use crowdfunding platforms with strong visual storytelling
- Partner with local skate shops, rehab centers, and small businesses

## CHAPTER 10: GROWING THE MOVEMENT

WCMX and adaptive skateboarding grow when we stay visible, active, and loud with purpose. Every time we show up—whether it’s at a park, in a school, on a screen, or in a room full of decision-makers—we’re pushing the culture forward. Outreach, mentorship, and athlete advocacy aren’t side efforts—they’re the core of how this movement expands. Every roll forward, every push, is a chance to open doors and make space for someone else.

### Ways to Expand the Movement:



- Use social media with intention. Share your story, your wins, your struggles, and your tips. Post videos, tutorials, or behind-the-scenes looks at life as an adaptive rider—because when people see us, they start to understand the sport and the need.
- Start mentorship and school outreach programs. Be that first introduction for a kid who’s never seen someone like them riding.



Ernie Ibarra  
UNITED STATES

Partner with schools, hospitals, or local youth programs. Representation plants seeds.

- Push for adaptive divisions at major events. From local jams to national competitions, show up and advocate. Whether it’s asking for a division, demo time, or inclusive language in marketing, your voice matters.
- Bring clinics and community days to new areas. Not every town has access yet. Load up the gear and bring it to them. Partner with local orgs or city parks to help make it happen. One clinic can change a life.
- Let athletes speak and lead. The future of adaptive sports belongs to those living it. Put the mic in athletes’ hands—on panels, at conferences, in media interviews. Let their stories shape the narrative.

### Need More?

For full program templates, lesson plans, safety forms, and event checklists, check out the full WCMX & Adaptive Skate Playbook. This Quick Handbook is just the start. You bring the passion—we’ve got the tools.



**“Together We  
Ride, Together  
We Rise.”**

**TOMAS WOODS, 2 TIME  
WORLD WCMX CHAMPION  
UNITED KINGDOM**

# CHAPTER 11: RESOURCES—WHERE TO LEARN, CONNECT & THRIVE

Whether you're looking for inspiration, funding, equipment, or community, these trusted sources support the growth of adaptive action sports at every level.

## Top Organizations to Know:

- **Challenged Athletes Foundation (CAF):** Offers grants and support for athletes with physical challenges.
- **Move United:** Runs over 70 adaptive sports programs nationwide.
- **World WCMX Federation:** Connects WCMX athletes globally and promotes progression.
- **USA Skateboarding – Adaptive Division:** Expands inclusive competition opportunities.
- **Ability Skateboarding & Action Sports:** Clinics and programs supporting inclusive skateboarding.
- **SMCL Foundation & Associates:** Supports adaptive sports clinics, education, and inclusion-based programs in underserved communities.
- **Kelly Brush Foundation:** Provides grants for adaptive sports equipment and advocates for safety in active lifestyles.
- **Help Hope Live:** A nonprofit helping individuals fundraise for medical needs and adaptive equipment.
- **AmeriCANS:** Supports athletes with challenges to gain independence and pursue sport and community involvement.
- **Triumph Foundation:** Provides adaptive sports opportunities, peer support, and grant funding for people with spinal cord injuries.
- **Life Rolls On:** Hosts nationwide adaptive surf and skate events, empowering people with disabilities to experience freedom through movement.
- **Free the Wheel Foundation:** A nonprofit organization dedicated to break barriers, inspire independence, and create opportunities for kids to explore their full potential



## Trusted Equipment Suppliers:

Having the right gear can make all the difference in safety, performance, and confidence. This section highlights trusted suppliers who specialize in adaptive equipment—whether it's custom WCMX chairs, skate-ready gloves, or durable wheels built to take a hit. These companies understand the unique needs of adaptive athletes and are committed to quality, innovation, and support. When you're investing in your ride, these are the names you can count on.

### BOX WHEELCHAIRS

Custom-built WCMX and extreme sports chairs engineered for performance, durability, and style. Known for their rugged frames and rider-focused designs.

[www.boxwheelchairs.com](http://www.boxwheelchairs.com)

### FINCH ADAPTIVE FABRICATION

Specializes in high-performance adaptive frames and custom mods for WCMX, skate, and BMX athletes—built by a rider, for riders.

[www.finchadaptivefabrication.com](http://www.finchadaptivefabrication.com)

### SPINERGY WHEELS

Industry-leading lightweight performance wheels with vibration-dampening technology, trusted by adaptive athletes for speed, stability, and responsiveness.

[www.spinergy.com](http://www.spinergy.com)

## RESOURCES CONT.

### Grants & Financial Support:

- For Individuals: IM ABLE Foundation, CAF, Achilles International, High Fives Foundation, AMBUCS
- For Organizations: VA Adaptive Sports Grants, Move United – Equipment Grant, Paralyzed Veterans of America (PVA)

### Online Communities:

- Instagram: @worldwcmx
- Discord Server  
<https://discord.gg/fGxzZAMrt9>
- International WCMX Series-  
<https://www.facebook.com/INTERNATIONALWCMX-SERIES/>

### Athletes to Follow:

Aaron “Wheelz” Fotheringham	Damien Munoz
Oscar Loreto Jr.	Tia Pear
Ernie Ibarra	Edward Jefferies
Tony Thogmartin	David Lebuser
Jerry Diaz	Tracie Garachoea
Tomas Woods	Robert Thompkins
Lorain Truong	Ben Sleet
Tony Torres	Kathrine Beattie

Hashtags to Watch: #AdaptiveSkateboarding, #AdaptiveSkate, #WCMX, #WCMXLife, #WorldWCMX



### FROG LEGS INC.

Known for high-quality suspension forks, caster wheels, and shock-absorbing components that enhance comfort and control in extreme conditions.

[www.froglegsinc.com](http://www.froglegsinc.com)

### TNT 360 MOBILITY

A mobility company offering custom adaptive equipment, safety gear, and personalized setups for WCMX and action sports athletes to perform at their best.

[www.tnt360mobility.com](http://www.tnt360mobility.com)

### COLOURS WHEELCHAIRS

Bold, high-performance wheelchairs known for their custom builds, sleek designs, and reliable frames—popular in both lifestyle and sports communities.

[www.colourswheelchairs.com](http://www.colourswheelchairs.com)

# CALL TO ACTION: JOIN THE GLOBAL MOVEMENT

You've made it through this quick Handbook—but your journey is just getting started. Across the world, riders, coaches, advocates, and organizers are stepping up to build something bigger than themselves. WCMX and adaptive skateboarding aren't just sports—they're global movements rooted in inclusion, innovation, and fearless expression. And now, you have the chance to help lead that charge.

## Get Involved with the World WCMX Federation

### WORLD WCMX

The World WCMX Federation is the international organization advancing adaptive action sports through athlete support, education, global competitions, and inclusive program development. Whether you're just getting started or already organizing local events, there's a space for you to grow, contribute, and be recognized.

**Get Involved:** [www.worldwcmx.org/get-involved](http://www.worldwcmx.org/get-involved)



## BECOME A GLOBAL AMBASSADOR FOR WCMX & ADAPTIVE SKATE

If you're actively growing the sport in your region and want to represent your community on the international stage, consider applying to be a World WCMX Federation Global Ambassador.

### As a Global Ambassador, you'll:

- Represent your country or region as an official WCMX and adaptive skate advocate
- Help guide and grow inclusive programs in collaboration with the Federation
- Mentor new athletes and share knowledge through workshops, events, and media
- Join an international network of leaders shaping the future of the sport

### Apply now to become a Global Ambassador:

[www.worldwcmx.org/get-involved](http://www.worldwcmx.org/get-involved)

### Join the Discord:

<https://discord.gg/fGxzZAMrt9>



**“This movement is worldwide—  
and it needs people like you.  
So step up, push forward, and  
represent the future.”**

**STAY CONNECTED WITH THE  
FEDERATION**

Email: [worldwcmx@gmail.com](mailto:worldwcmx@gmail.com)

Website: <https://worldwcmx.org>

Instagram: [@worldwcmx](https://www.instagram.com/worldwcmx)

Facebook: [facebook.com/worldwcmx](https://www.facebook.com/worldwcmx)

YouTube: [youtube.com/@worldwcmx](https://www.youtube.com/@worldwcmx)

**TONY TORRES &  
JEREMY BUTLER  
UNITED STATES**

# THANK YOU

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KEEP SHOWING UP. KEEP LIFTING OTHERS. AND MOST IMPORTANTLY—KEEP ROLLING.

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