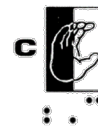


Illinois Service Resource Center

Serving deaf/hard of hearing students



A Service and Resource Center of the Illinois State Board of Education

Main Office

3444 West Dundee Road
Northbrook, IL 60062

Voice: 847-559-8195

Fax: 847-559-8199

Video Phone: 224-545-5199

Homepage: www.isrc.us

Email: isrc@isrc.us

ISRC Resource List Subject: Sports and Fitness

Title	Author	Summary
<i>Deaf Yoga for Beginners</i>		Guided by traditional Hatha Yoga instructor, Lila Lolling, this DVD offers an excellent introduction to various yoga topics, such as proper breathing, Chakras and more. Signed with music and subtitles. Not Rated DVD RA 781.7 .D781 2006
<i>The Hammer</i>		Inspired by the life of deaf UFC fighter, Matt Hamill, The Hammer tells the story of what it takes to be a champion, on and off the mat. Raised among those with the ability to hear, Matt later finds himself no less an outsider amidst the Deaf Community. But through sheer determination, he uses his 'perceived' disability as an asset, and becomes not only the first deaf wrestler to win a National Collegiate Championship, but an inspirational force to both hearing and deaf alike. Rated PG-13 DVD PN 1998 .H5 2011
<i>Signing Time! Series 2, vol. 7 My Favorite Sports</i>		In My Favorite Sport, Alex, Leah, their frog Hopkins, and host Rachel Coleman teach you all the signs for playing your favorite sport! Plus, you'll have even more fun and signing practice through learning modules called "Hopping Time" and "Game Time." Not Rated. DVD HV 2476 .S546, vol. 7
<i>Yoga PAH!</i>		Instructional yoga DVD taught in American Sign Language. A 48 minute "pre-teaching" instructional session is presented in American Sign Language with voice-over. Classes have no signing or music. Not Rated DVD RA 781.7 Y643 2009
<i>High Tides, Low Tides: the story of Leroy Colombo</i>	Andrews, Jean	An engrossing biographical tale about a deaf man succeeding during an era when disabled people were largely shunned. Colombo chose a life that allowed him to excel in saving lives as a lifeguard and winning swimming contests. GV 838 .C65 A53 2013
<i>Movers & Shakers: deaf people who changed the world</i>	Carroll, Cathryn and Susan Mather	This collection of short biographies of influential people who were deaf includes entries about athletes. HV 2373 .C37 1997
<i>Catch a Star: shining through adversity to become a champion</i>	Catchings, Tamika	WNBA, Olympic and NCAA star Tamika Catchings describes how she overcame a profound hearing loss and her parents' divorce to become an all-star college player, Olympic champion, and a professional basketball player and recounts some of the highlights of her career. GV 884 .C394 A3 2016
<i>The William Hoy Story: how a deaf baseball player change the game</i>	Churnin, Nancy	This picture book tells the story of real-life William Hoy, a deaf professional baseball player who changed the way the game is played GV 865 .H685 C48 1016
<i>No Excuses: growing up deaf and achieving my Super Bowl dreams</i>	Coleman, Derrick	The first deaf athlete to play offense in the NFL--and win a Super Bowl with the Seattle Seahawks--Coleman relates his story of hard work and determination on his challenging journey to become a professional football player. GV 939 .C64 A3 2015
<i>Open the Gate: Stories & Activities About Athletes with Disabilities</i>	Floyd, Ingrid	Opening the Gate helps youth share in the experiences of athletes with disabilities through the book's stories, a cartoon, activities, quotes and useful websites. GV 709.3 .F56 2014

<i>The Autism Fitness Handbook</i>	Geslak, David	Designed to address specific areas of difficulty for children, teens and young adults with autism spectrum disorder (ASD), this comprehensive program features 46 exercises that are proven to improve body image, motor coordination, posture, muscular and cardiovascular fitness. RC 553 .A88 G48 2015
<i>Yoga Therapy for Children with Autism and Special Needs</i>	Goldberg, Louise	A how-to manual that meets children where they are, providing a yoga therapy "lesson plan" that will engage them; promote play, social interaction, speech, language, and motor development; and enhance their self-esteem. RJ 133.7 .G65 2013
<i>Left Out</i>	Green, Tim	A heartfelt and moving youth fiction book about a deaf boy's journey to change how others see him--both on and off the football field. PZ 7.G826357 Le 2016
<i>Asanas for Autism and Special Needs</i>	Hardy, Shawnee Thornton	Creative yoga games, activities, relaxation exercises and chair yoga poses are included to make learning yoga a fun, interactive and calming experience for children with a wide range of abilities. RJ 133.5 .H367 2015
<i>Kasey's First Day of Basketball Practice</i>	Martin, Kentrell	Fearing what others will think about him on the first day of basketball practice, Kasey decides not to wear his hearing aid. He quickly discovers that this might not have been such a good idea after all. Readers also learn little-known basketball facts and can access a comprehensive glossary of terms. PZ 7 .M37 2016
<i>Silent Count</i>	Overmier, Jim	The true story of a high school football coach who hears perfectly well, but finds himself coaching the country's only deaf college football team. GV 939 .O84 O84 2013
<i>At Play = En El Juego</i>	Petelinsek, Kathleen	This children's ASL guide provides illustrations of American Sign Language signs and Spanish and English text for various games and sports. HV2476 .P4713 2007 Juego
<i>Deaf Sport: the impact of sports within the deaf community</i>	Stewart, David	Deaf Sport describes the full ramifications of athletics for Deaf people, from the meaning of individual participation to the cultural bonding resulting from their organization. HV 2551 .S74 1991
<i>Yoga for the Special Child</i>	Sumar, Sonia	A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities; specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity; an early intervention program to assure the healthy formative development of infants and toddlers. RM 727 .Y64 S95 1998
<i>Beep: Inside the unseen world of baseball for the blind</i>	Wanczyk, David	Illuminates the sport of blind baseball to show us a remarkable version of America's pastime. With balls tricked out to beep three times per second like a troubling EKG and with bases that buzz, beep baseball is both innovative and intensely competitive. GV 880.75 .W36 2018
<i>No Barriers: a blind man's journey to kayak the Grand Canyon</i>	Weihenmayer, Erik	Erik Weihenmayer loved a challenge. After becoming the first blind person to climb Mt. Everest, he sought new challenges including the whitewater of the Grand Canyon. GV 782.42 .W45 A3 2017

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