

# Off the Bench

**NUBABILITY ATHLETICS FOUNDATION**

Getting kids out of the stands, off the bench, and into the game.



# #DontNeed2



## **Dear Nub Family,**

We hope you had an amazing 2018 and have a blessed 2019. We want to thank you for your loyalty during our time of transition in 2018. As part of this transition, Sheila Trznadel was named Executive Director in March and Sam Kuhnert was named Program Director in July. Not only will these appointments allow Nubability Athletics to increase the frequency of camps in their local area, but Sam has graciously committed to donating all his fees from professional speaking events to the cause.

Looking forward to 2019, we are setting a goal of awarding 80% in scholarships to families attending our upcoming camps. We all know 2018 is going to be a hard year to beat with the likes of Shaquem Griffin and Jim Abbott, but we are looking forward to the challenge and hope to see you all at the camps making 2019 the best year yet. In addition, I am happy to announce that the 2019 theme is Game On!

We wish you all the very best. Each member of our Nub family is incredibly special to us and we appreciate all that you do.

**Sheila Trznadel, Executive Director**  
**Sam Kuhnert, Program Director & Co-Founder**  
**Jana Kuhnert, Co-Founder**



For questions about the NubAbility Athletics Foundation board, please contact [info@nubability.org](mailto:info@nubability.org).

# Our team



**Sheila Trznadel**  
Executive Director

Role: Oversees NubAbility Athletics Foundation's overall mission, fundraising events and camp programming.

Chicago, IL

[sheila@nubability.org](mailto:sheila@nubability.org)



**Sam Kuhnert**  
Program Director, Co-Founder

Role: Manages NubAbility Athletics camp programming, coach roster, fundraising and more.

DuQuoin, IL

[sam@nubability.org](mailto:sam@nubability.org)



**Jana Kuhnert**  
Co-Founder, Treasurer

Role: Assists with NubAbility's Camp and Event planning, Manages NubAbility's Marketing and Facebook accounts.

DuQuoin, IL

[jana@nubability.org](mailto:jana@nubability.org)

## 2019 Calendar of Events

**Feb. 1-2:** *5th Annual Florida Camp*  
Fort Myers, Florida

**Mar. 8-10:** *2nd Annual Snow Camp*  
Boise, Idaho

**April 27:** *Game Changer Benefit*  
Route 51 Brewery, DuQuoin, IL

**June 23:** *Indianapolis Golf Benefit*  
Indianapolis, Indiana

**July 17-21:** *8th Annual #DontNeed2 Summer Camp*  
DuQuoin, IL

**Aug. 31-Sept. 2:** *2nd Annual Seattle Camp*  
Seattle, Washington

**November:** *Dallas Lonestar Camp*

**TBD:** *Music City Camp*

To apply for a scholarship and register for camp, please go to [www.nubability.org/camps](http://www.nubability.org/camps).



# Media & Stories

## [I am Shaquem Griffin Video](#)

Featuring some of our own NubAbility family and professional NFL player for the Seattle Seahawks, Shaquem Griffin.

## [NFL 360 Episode](#)

NFL network series episode hosted by Melissa Stark, featuring NubAbility athletes who attended the 2018 Seattle camp.

## [Seattle Times Article](#)

Seahawks linebacker Shaquem Griffin tells his story so kids just like him can tell theirs.

## [Latest NubAbility Athletics Promo Video](#)

Video footage from #DontNeed2 Summer Camp and mission statement.

## [7th Annual #DontNeed2 Summer Camp Video](#)

Live video footage from #DontNeed2 Summer Camp.

## [Fox2Now News Report](#)

Interview with NubAbility Athletics founder Sam Kuhnert.

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## Change It Up Campaign

Change It Up for NubAbility Athletics and win PRIZES by collecting your loose change and turning it into GAME CHANGING donations.

Our individual winner, Layla Wisger, won a free registration to a NubAbility camp of her choice.

Herrin High School won from the organization category and they won a free Motivational Talk from Sam Kuhnert.

To join us, keep an eye out for the next registration coming soon!

Pictured to the right, Layla Wisger, individual winner of the 2018 Change It Up campaign.



OUR 2018 CAMPS:

Florida Camp  
Innaugural Snow Camp  
Music City Camp  
#DontNeed2 Summer Camp  
Innaugural Seattle Camp  
Innaugural Lone Star Camp



# That's a Wrap for 2018

Thank you to our supporters and sponsors!  
NubAbility Athletics would not be able to be successful  
without people like YOU!

Donations of \$500 provide a gift of sending one child to camp on a NubAbility Scholarship. We would like to recognize our donors who have helped send one or more children to camp on scholarship in 2018.

Alan Arnst  
Baldauff Funeral Home  
Banterra Bank  
**Barbara Lynn Thomas\***  
Benchmark Consulting, Inc.  
Beta Pi Sorority  
Brad Weddle  
Britni Hogg  
Caring & Sharing Thrift Shop  
Cathy Donovan  
Cedar Court Imaging  
Christian Christiansen  
Dalton Dull  
Dana Finch  
Daniel Vander Kloek  
Dennis Gabriel  
Dianna Kuhnert  
**Dick's Sporting Goods\***  
Douglas Trznadel  
DuQuoin Tourism Commission  
Eagle Valley

Eaton - Events Committee  
Edward Jones  
Fenton's Custom & Collision  
First Church of Nazarene of Le-  
mont Township  
Floyd & Patricia Edwards  
Frank Lardino  
**George Mileusnic\***  
**Giving to Fly\***  
Gregory Marlett  
Harris & Jones Law Firm  
Harris Foundation  
Heartland Longhorns  
**Jess Testerman\***  
Jessie Thompson  
Joe Pinion  
John & Linda Rossi  
Joyce Opfermann  
Keith & Kim Harris  
Knight Hawk Coal  
Laura Kopetsky Tri-Ax

Lilly Walters  
Linda Fitch  
Lloyd Schroeter  
Lutheran High School West  
Marshall Browning Hospital  
Mary Beth Gustitus  
Midwest Mole, Inc.  
Modern Woodman Fraternal  
Financial  
Moore Brothers of Southern IL  
Morales Group Inc.  
Nancy Kaplan  
Offshore A-Count Sportfishing  
LLC  
Paul Crimmins  
**Renaissance Charitable  
Foundation\***  
Robert McCormick  
Rosie Naumovski  
Ruth Mathis  
Scott & Lori Ritter

Shadd Clausen  
Sheffield's Beer & Wine Garden  
Shelby Rayl  
Shu's Idaho Running Company  
Southern Illinois Healthcare  
Spartan LMP  
Spirit of Life Christian Church  
Spotlight Asset Group  
Stephen Grego  
Terry Shirrell  
TGI Fridays  
The Clay City Banking Co.  
Thomas Connelly  
Timothy & Kelly Collins  
Tin Roof Nashville  
Todd Kuhnert  
**Valerie Winslow\***  
Walmart  
Walter & Nancy Trznadel  
WERD (Drew Baldrige)  
WPC Mission Investment Fund

*\*With a special thanks to our sponsors who have donated \$5,000 and up to the NubAbility Athletics Foundation for the 2018 year!*

Internship opportunities are available for Southern Illinois area young adults looking to build their resume. Due to our passion for providing the lowest cost of camp for our athletes, these are unpaid, but can be verified for college credit. Internships offered cover a wide range of majors including Business Administration, Communications, Mass Media, Accounting, Hospitality Management and more. For more information, please contact Sam Kuhnert at [sam@nubability.org](mailto:sam@nubability.org).



By sharing the accomplishments of our limb-different athletes and their coaches, NubAbility can look forward to sharing the mission to more athletes across the globe. These will be shared each Wednesday on Instagram, Twitter and Facebook and will be titled #WarriorWednesday. To be featured, please email [jana@nubability.org](mailto:jana@nubability.org) with photos and highlights.

The Indianapolis Colts Cheerleaders Community Impact Challenge is a program where each member of the squad teams up with a local charity for a community service project throughout the season. The winning project receives a \$10,000 grant to benefit their charity and bring the organization to life. The Colts community votes for their favorite project and on December 23, 2018, NubAbility Athletics was awarded the Community Impact Challenge Award, from Rachel J., a participant of the organization. This will provide scholarships for 20 Indy-area limb-different kids! Rachel and a few of her coworkers will attend our 8th Annual #DontNeed2 Summer Camp.



Will Walker, our nub rockstar, has been battling Synovial Sarcoma, a form of cancer, since September 12, 2014. Since then, the cancer has taken Will's left arm, but not his spirit. Summer 2018, Will was diagnosed once again and continues treatment. The last set of scans showed that the chemo is working! The bigger tumors are shrinking and smaller ones are disappearing. Jennifer, Will's mother, said, "We want to thank everyone for the thoughts and prayers. They help us fight this beast everyday!" To keep up with Will's journey, follow "Will's Warriors," a Facebook group with periodic updates on Will.

# VISION FOR 2019

## COURAGE AND CONFIDENCE ARE CONTAGIOUS

Serve over 2,000 limb-different youth and family members.

Locate additional limb-different campers to serve.

Provide at least 80% of our camper families with scholarships to attend camp.

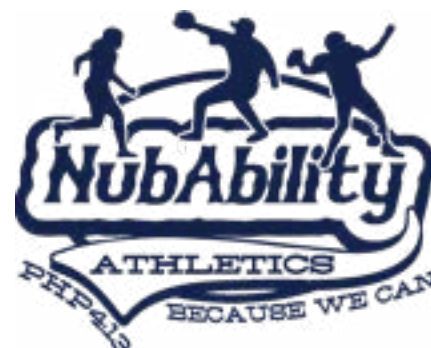
Remain the leader in adaptive athlete coaching for mainstream sports.

Continue forming current and new sponsorship relationships.

Collaborate on more events with well-matched organizations.

Continue to provide camp opportunities throughout the U.S. for limb-different children.

Grow NubAbility's donor base through grants, fundraisers, recurring donation programs, company match programs, Sam Kuhnert's speaking engagements, partner relationships and current donor base to serve more youth through sport.



## SAM KUHNERT

### Keynote for a Cause

**Born Different. Nearly Died. Adapted to Succeed.**

Sam Kuhnert is a keynote speaker who empowers audiences to discover their gifts, own their differences, find their courage, and to develop a confidence that allows them to RISE UP to become a GAME CHANGER in their school, workplace, church, in organizations and on teams. Sam's speaking events are energetic, authentic, dynamic, passionate, interactive and empowering. Sam is not only different, but he is a certified pro at adapting.

NubAbility Athletics Foundation receives 100% of Sam's Keynote fees. To book Sam, please visit [samkuhnert.com](http://samkuhnert.com) or email [sam@nubability.org](mailto:sam@nubability.org).



*"I highly recommend you invite Sam to your school to share his life story and to challenge your students with his "Bully Proof" program. Sam recently spent the day with us at Summit Christian Academy by interacting with our students in P.E. classes and at recess. He finished the day by challenging our students in an assembly to dream big, to never give up, and to live a life for God. Each student learned what it takes to be "bully proof." Sam has a message that every student, parent, and teacher needs to hear. You will not want to miss out on the opportunity to meet this phenomenal person and hear personally how God is using him to ignite confident students; students who know God created them for a purpose."*

Charissa Sanders  
Elementary Vice Principal  
Summit Christian Academy  
Lee's Summit, Missouri

As a parent (Kenasyn's mom), NubAbility Camp is a great place for me to look at the older campers and the mentors and see that this is a great place for my child to learn how to be the best person she can be. I can't teach her that because I don't know what it's like to be her."

**Candi Christensen, Snow Camp 2018  
Bogus Basin, ID**



"When I attend Nubability every year, it makes me feel happy, good and special. I also like that each year I make new friends and still get to hang out with my old ones."

**Jack Finney, limb-different athlete**

"I like meeting other kids with limb differences like my brother. I like playing all the new sports and playing with friends."

**Jude Finney, sibling participant**

"Nubability Camp is not just a summer sports camp, it's an experience. While the camp is designed to teach limb-different children how to adapt to sports, they also learn empathy, determination, inspiration, humor, hard work, camaraderie and respect. Both of my children have created a circle of friends just like him and I have created a circle of parents just like me."

**Stephanie Finney, Jack & Jude's mother**



"Our family has been extremely blessed by NubAbility Athletics. They are our family. The founder and coaches really care and invest in my son. They believe in these kids and push them to be their best. I love attending the camp because it's for all of us. At camp, everyone makes new friends (who turn into family)...Parents encouraging parents and sharing stories, giving each other the encouragement we need. As a mom, I want things to be easier for him, but NubCamp teaches them that hard work gets them in the game. I cry (tears of joy) every year I've attended because I'm so blessed to meet all of these amazing athletes and incredible parents."

**Rachel Washington, mother of Mason Washington**

"I love NubAbility camp because I get to meet and interact with more people like me. Everyone is so cool, positive and competitive."

**Mason Washington, 11, Missouri**



## NubFamily Testimonials



# Coaches Corner

*Cottingham*

**Limb Difference:** Traumatic  
**Type:** Missing Right Hand  
**Sport:** Basketball

Going into her senior year of high school in Southwest Michigan, Carley was diagnosed with a rare medical condition that landed her in the hospital for three and a half weeks. Carley underwent 15 surgeries, which eventually resulted in the amputation of her dominant right hand.

The amputation was not the end rather it was just the beginning. With her faith and determination Carley was back on the basketball court three short months after the loss of her hand. Carley's favorite memory of NubCamp was when she taught her basketball camper, Ella, how to put her hair in a ponytail one handed.

*"Going into NubAbility, I thought I was going to be the one inspiring campers, but it was the campers who inspired ME! Each summer, I look forward to NubCamp and the relationships that are made with the campers, their families and other coaches."*



## *Zach Nabers*



**Limb Difference:** Traumatic  
**Type:** Missing Right Arm (Below Elbow)  
**Sport:** Basketball

When Zach was 11 years old, he was involved in a boating accident. Zach was standing on the dock holding the rope to keep the boat from floating off. When his grandmother's husband went to park the trailer, the end of the trailer caught the rope, which was wrapped around Zach's wrist. He was dragged 30 yards, and the weight of the boat tore all of the ligaments from his hand to shoulder.

After being taken into surgery at Shands Hospital in Gainesville, it was determined that amputation was the best course of action due to severe nerve, tendon and ligament damage. Looking back and remembering the accident, Zach knows that losing his hand was a blessing. He is lucky to be alive.

*"The best part about camp is meeting other people like me who share similar experiences. When I turned 17, I was officially able to become a NubAbility Coach. Helping young limb-different kids who love basketball has been amazing."*

**Limb Difference:** Traumatic  
**Type:** Missing Left Hand  
**Sport:** Archery, Basketball

When David was 2 years old, he had an accident at his family's bakery that resulted in the loss of his left hand. Growing up, he had to adapt to tying his shoes, zippers, buttons, and every day tasks.

As a child, he would hunt with a crossbow alongside his family and spent lots of time at "deer camp." A few years ago, David got his wife a compound bow for her birthday. One day while shooting, he decided to give it a try and hit the target the first shot. He has not looked back since! David recently became the Archery Manager of 717 Armory where he gets to live his passion every day.

*"When I arrived at the camp, it was overwhelming to be surrounded by so many other athletes who had limb-differences. It is not something I ever thought I would get to experience, which is why I am so happy to be a part of the Nub Family."*

## *David Mohn Jr.*

