



**GLASA**  
GREAT LAKES  
ADAPTIVE SPORTS  
ASSOCIATION



**FOR IMMEDIATE RELEASE**

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**GLASA AND LAKE FOREST COLLEGE TO HOST ANNUAL “SLEDS ARE COMING”  
EXHIBITION & GAME**

***Para Athletes Compete at Winter Sled Hockey Game in Lake Forest, Feb. 1, 2026***

**(LAKE FOREST, Ill. – January 6, 2026)** – The Great Lakes Adaptive Sports Association (GLASA) and the Lake Forest College Athletic Department will co-host the 15th annual “Sleds Are Coming” exhibition sled hockey event on Sunday, Feb. 1, from 2–3:30 p.m. at the Alumni Memorial Fieldhouse & Ice Rink at Lake Forest College, 555 N. Sheridan Rd.

The event is free and open to the public. Doors open at 1:30 p.m., and the rink is fully accessible.

“Sleds Are Coming” brings community exposure to GLASA while showcasing its sled hockey program featuring the GLASA Falcons. Community members, students, and staff are invited to watch and cheer on a talented group of athletes. Currently, GLASA, together with its local community partner, the Falcons Hockey Association, supports one competitive adult team and one recreational youth team.

The on-ice competition will consist of three 12-minute periods of 5-on-5 sled hockey featuring members of the GLASA Falcons, coached by Lake Forest residents Andy Burkhart and Mike Reinhardt.

“Just like the conventional game, sled hockey is an exciting, fast-paced sport with rules similar to traditional hockey,” said Burkhart. “Every time these athletes hit the ice, they show a level of strength and power that comes from relentless training and unbreakable will. Their tenacity isn’t just physical, it’s mental, and it’s what turns obstacles into fuel and effort into excellence.”

In sled hockey, athletes are strapped into molded plastic bucket seats mounted on sleds with two blades underneath. They use two shortened sticks, one end for puck handling and the other with metal picks for propulsion across the ice. Clad in full hockey equipment, athletes follow many of the same rules as traditional hockey, including legal body contact and raised-puck shooting.

Sled hockey, also known as para ice hockey, is a direct descendant of ice hockey. The sport was invented in the early 1960s at a rehabilitation center in Stockholm, Sweden, by a group of individuals with physical disabilities who were determined to continue playing the game they loved.



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The event will also feature:

- A demonstration by Junior Falcons Mite players, sponsored by the Falcons Hockey Association
- A Chuck-a-Puck competition
- Raffle prizes

GLASA is actively recruiting sled hockey volunteers. To volunteer with the GLASA Falcons or learn about other ways to get involved, please visit the GLASA volunteer portal at  
<https://www.signupgenius.com/go/9040A44AAA62BAB9-61307600-2026#/>

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#### **ABOUT GREAT LAKES ADAPTIVE SPORTS ASSOCIATION (GLASA)**

The Great Lakes Adaptive Sports Association is a 501(c)(3) nonprofit organization that has served the Chicagoland community for more than 25 years. GLASA provides a continuum of more than 20 developmental-to-elite adaptive sports programs locally and serves athletes in more than 30 states nationwide. GLASA believes quality of life should never be limited by a physical or visual disability. Learn more at [GLASA.org](http://GLASA.org).

#### **ABOUT LAKE FOREST COLLEGE ATHLETICS**

Founded in 1857, Lake Forest College is home to Forester Athletics, an NCAA Division III program that sponsors 25 varsity sports and supports nearly 500 student-athletes. Competing across several conferences, the department also offers club sports, intramurals, physical education, and recreational programming, providing comprehensive athletic opportunities for students. Forester Athletics is supported by a dedicated staff of coaches and administrators and operates within the College's longstanding Tradition of Excellence.

#### **ABOUT THE FALCONS HOCKEY ASSOCIATION**

The Falcons Hockey Association is one of the largest youth hockey clubs in Illinois, with home ice at Centennial Ice Arena in Highland Park and Hot Shot Ice Arena in Lake Bluff and supporting rinks at Lake Forest College and Lake Forest Academy.