



# Sun Valley Adaptive Sports

Children, Teens, Adults, Veterans

We change lives and make people smile!

## SHAUNA SMITH – BIO

PROGRAM MANAGER / CLINICAL SUPERVISOR

Shauna is Program Manager and Clinical Supervisor at Sun Valley Adaptive Sports. She has been a nationally certified therapeutic recreation specialist (CTRS) for 10 years.

Shauna grew up in sunny California, enjoying her youth by romping in the waves of the Pacific, riding her mountain bike, skiing in the Sierra's, and participating in theater.

While attending Brigham Young University, Shauna struggled with choosing a career path that would be more than just a job. While browsing through a career book, she read a job description for a recreational therapist and was immediately “inspired” to begin a career path that would allow her to use her passion for sports and recreation to rejuvenate and heal people affected by disease and disability.



Shauna began volunteering at an adaptive sports program in Park City while pursuing her degree in recreation therapy. It was in this practical setting she learned her life's calling to work in the field of adaptive sports. She later earned the “Outstanding student of the year award” from the Utah Recreational Therapy Association (URTA). When the professor presented the award, he spoke of her accomplishments and was confident Shauna would make a difference in the world of recreational therapy.

Shauna took the professor's words as a challenge and an inspiration. Over the next 10 years, she remained active in URTA, serving in many management positions, including president between April 2007 and April 2008. She has presented at many state and national conferences and received URTA “Member of the Year” award in 2004.

Shauna's clinical experience began as an intern at the University of North Carolina Hospital. She graduated from BYU in 1997 with a degree in Recreation Therapy. After graduation, she gained work experience in long-term care, transition care, inpatient care, and prenatal mothers at risk. She strengthened her skills in meditation for pain management, spiritual care, community resource education, and discovered a love for pet therapy.

Just prior to coming to SVAS, she worked at the University of Utah Hospital specializing in stroke, traumatic brain injury, and spinal cord rehabilitation. She helped develop the hospital's TRAILS program, a unique program designed educate and integrate people with spinal cord injuries into outdoor activities. Activities included eight-week education courses, hand-cycle groups, campouts, Nordic and alpine skiing, archery, canoeing, community resource expos, advocacy groups, and social events.

Shauna loves her job at Sun Valley Adaptive Sports. She enjoys being involved in a program that serves a diverse demographic population with various types of disabilities. Her job is a dream come true for Shauna. Since her first volunteer job in adaptive sports, she knew she wanted to be a part of a program like SVAS.

When Shauna is not working to serve people with disabilities, you will find her biking, running, waterskiing, snow skiing, snowboarding, singing, and reading. Oh, and you might also find her learning how to belly dance.

