

# Washington Capitals and Dreams for Kids Host Extreme Recess Hockey

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**ARLINGTON, Va.** – The Washington Capitals teamed up with Dreams for Kids (DFK) to host Extreme Recess Hockey on Friday, Feb. 11 at Kettler Capitals Iceplex. Washington Capitals forwards [Matt Bradley](#) and [David Steckel](#), defenseman [Tom Poti](#) and head coach Bruce Boudreau and assistant coach Bob Woods skated with children with physical and developmental disabilities following the Capitals practice. Many participants took the ice for the first time as the Caps players helped them get acclimated to the ice while working with them on puck-handling, passing and shooting.

“These kids are amazing,” said Bradley. “They are so positive and always have a smile on their face. I’m so happy I could participate in this event.”

This clinic was free for participants and was organized by the volunteer staff at DFK. The DFK staff consists of young adults, all under the age of 25, who are working to empower youth of all abilities in our nation’s capital.

“Seeing the smiles on these kids’ faces was something I’ll never forget,” said Woods. “I love teaching hockey to kids who have never played before and seeing how much fun they had was very rewarding.”

The Capitals provided t-shirts, Winter Classic programs and lunch for all of the participants and volunteers. Bradley, Poti and Steckel also signed autographs for all of the participants during and after the event.

Extreme Recess allows this often isolated group of children to engage in the types of physical activities that other children their age experience daily. Instead of sitting on the sidelines, children with physical and developmental disabilities have the opportunity to be the sports stars. The empowerment and self-respect learned at the clinic will carry over into the children’s lives at home, in the classroom, in the community and will help them realize that their disability need not hinder them from reaching their dreams. Extreme Recess celebrates the unique ability in all children and helps them turn the adversity in their lives into opportunity. With more than 12,000 children currently living with disabilities in D.C. and similar stats for surrounding counties, it is vital that we spread awareness about the importance and power that athletics can play in the lives of children with disabilities.

## About Dreams for Kids

Dreams for Kids is an international youth organization and 501(c) (3) children’s charity, with a mission to empower young people of all abilities through dynamic leadership programs and life-changing activities. By helping others find their dreams, they can realize their own. For more information about Dreams for Kids DC, visit [www.dreamsforkids.org/dc](http://www.dreamsforkids.org/dc).