



We would like to extend a **welcome to all volunteers**, to those returning and to the new volunteers with the Penguins.

This program is for youth with a disability; our athletes may have a physical, developmental or learning disability. Our program consists of a swim program (Thursdays) and gym program (Wednesday). Participants may be attending both or just one. Both programs strive to improve physical activity levels, increase independence and provide a social opportunity for participants.

The **success of the program depends on you**, the volunteer. You need to be on time and attend all the practices you have committed to, starting in January right through to March 12th. If in an emergency you are unable to attend, it is imperative that you get in touch with Karen immediately, either via email or cell phone. **Without volunteers we cannot run the program.**

All athletes do pay a registration fee, which is flexible depending on their financial situation. Fees are used to pay for lifeguards, pool / gym time, program equipment, athlete and volunteer fun stuff !

Swim Program

If you are volunteering for the swim program be on the pool deck at 4:00 sharp. You must **wear your bathing suit**; you can expect to get into the water during the practice. Before practice starts please help put in the lane ropes and find out the plan for the practice. Practice ends at 5:30, you will say goodbye to the swimmers and assist with any clean up that needs to be done. After, all volunteers will talk to review practice, give suggestions or any feedback for the next week. Swim practices focus on building skills and working towards the individual goals of the participants. Swimmers will be invited to attend the May swim meet! Once the date is set for this session, I will let you know. A general practice plan will be posted on the white board; it is up to you to shape the practice to meet the needs of the swimmer.

Remember **you set the tone of the practice**, not complaining about the temperature of the water, encouraging positive behaviour from the athletes and giving simple to understand directions are key! Your energy and enthusiasm will set the stage for the swimmers having FUN!

Each practice will be modeled around:

1. Welcome / Warm-up
2. Stretching
3. Skill
4. Fun Fitness
5. Cool down

| Week | Plan |
|------|-------------------------------------|
| 1 | Streamline & Body position |
| 2/3 | Kicking |
| 4/5 | Arms |
| 6/7 | Stroke performance |
| 8 | Turns, Entries, Races |
| 9 | Mini Meet with OW Team |
| 10 | Bring a Sibling / Friend FUN DAY |

Gym Program

If you are volunteering for the gym program be outside of Gym 2 by 5:15pm. You must wear **appropriate gym clothes and running shoes**. You will assist with equipment set-up and find out the plan for the session. Be sure to welcome the participants and introduce yourself. You will either be working with the juniors or seniors. Gym ends at 7:00pm, we must quickly put all equipment away, as another program starts in the gym right afterwards. After, all volunteers will talk to review the session, give suggestions or any feedback for the next week, in the hallway outside the gym.

The focus of this program is to allow participants the opportunity to work on a variety of different skills while participating in many different adapted sports and activities. The program is unique by **including siblings** of the athletes into the program. The senior athletes are working as team to increase their skills in wheelchair basketball. They will be travelling to games and tournaments as they become available.

Each practice will be modeled around:

1. Welcome / Warm-up
2. 2 games to choose
3. Regroup / Cool down

| Week | Game 1 | Game 2 |
|------|-----------------------|---------------------------|
| 1 | Wheelchair basketball | Floor Hockey |
| 2 | | Indoor swim meet |
| 3 | | Soccer |
| 4 | | Target Games |
| 5 | | Sledge Hockey / Parachute |
| 6 | | Track n' Field |
| 7 | | Developmental Games 1 |
| 8 | | Developmental Games 2 |

Specific to teachers and coaches, Goodwin, Gustafson and Hamilton (2006) suggested in their article “The Experience of Disability in Physical Education” that there were **six tips for successful inclusion**. They included:

- 1. Celebrate your success
 - o Tell someone, share with parents
- 2. Avoid looking for issues
 - o Identify what worked well and apply what you learned to other activities
 - o Ignore perceived barriers and eliminate real barriers where possible
- 3. Involve the athlete
 - o Ask the athlete how he or she would like to be involved
 - o Share problem-solving with others involved
- 4. Provide Opportunities for Athletes to Shine
 - o Permit students to demonstrate accomplishments such as proficiency in wheelchair basketball or swimming
- 5. Use Instructional Support
 - o Facilitate your instruction by involving support personnel in planning and implementation
- 6. Foster Equal Relationships
 - o Use a needed rather than needy framework for establishing social and instructional relationships among students

It is difficult to provide perfect learning opportunities for every athlete in every environment and this is the case regardless of disability. The key is that every effort is made in the attempt. The fact that you are reading this is a good indication that this is your goal.

Equipment Adaptations

Children with a disability within an inclusive setting may require a number of modifications or adaptations. Try, however, to remain as true to the original activity as possible while at the same time allowing students to challenge themselves and make progress.

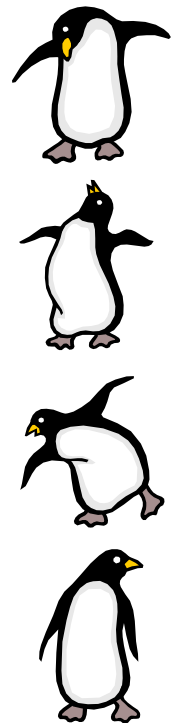
There are **four basic ways to adapt** or modify any activity for a student with disability. One is equipment while the other three are environment, instructions and rules. Options for any of these four are unlimited and often only constrained by your imagination. Under the general heading of equipment, objects can vary in size, shape, color, weight, and texture and obviously the disability will impact the final choice. The most inclusive environment, however, will be one where the learner can participate using the same (as possible) equipment other learners.

Penguin T-shirts

Navy Blue Penguin t-shirts are available to all volunteers for \$10. No profit is being made on the shirts. Bring in your money and size you would like.

If you would like any further information or have questions, do not hesitate to contact

Remember: Continue to check out the website for current pictures, dates on the calendar section and announcements!



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