

# ACCESS Athletics

The ACCESS Athletics program includes track, swim and cheerleading teams. Many of our students also participate in athletics programs outside of ACCESS, such as Miracle League Baseball and RUFL football league. ACCESS athletic programs allow our students to learn social skills, hang out with friends and build teamwork skills. They are also a great way to explore and establish healthy, lifelong interests students will be able to enjoy long after leaving ACCESS.

**ACCESS ATHLETICS: FUN, SOCIAL, TEAM-ORIENTED, HEALTHY, REWARDING!**

## General Information

Students may participate in more than one program or possibly all three programs. This is a family decision.

ACCESS Life young adult program members will participate in both the track and swim teams, although they will not attend the CAC meet as participants. They will support the ACCESS Schools track members at the CAC meet and compete in the regional meet. Competing in the state meet is optional.

Students athletes must be able to follow rules without requiring a separate behavior plan. Attempts will be made to help students achieve independence, but independence must be quickly established for program participation.

## Important Dates

Feb. 1: Track Signup

Feb. 3 Swim Signup

Feb. 15: Track Practice Starts

March 26: State Special Olympics Meet Signup

April 27: CAC Track Meet

TBD: Regional Swim Meet

TBD: Regional Track Meet

May 15: Sports Banquet

May 24-26: State Special Olympics Meet



## TRACK

**COACH:** HEATHER JOHNSON, OTR/L

**WHO:** STUDENTS IN L2, I1, I2, U1 AND U2 WHO ARE 8 BY 1/1/12.

**WHEN:** MON. AND WED., 3-4 P.M. FEB. 15-FEB. 29; MON., 3-4:30 P.M. AND WED., 3-4 P.M. MARCH 5-SECOND WEEK OF MAY. PICK UP YOUR STUDENT AT ACCESS AFTER PRACTICE.

**SIGN UP:** BY FEB. 1

**WHAT:** PRACTICES, CAC MEET, REGIONAL MEET, OPTIONAL STATE SPECIAL OLYMPICS MEET



## SWIM

**COACH:** JENNY ADAMS, M.ED

**WHO:** STUDENTS IN L2, I1, I2, U1 AND U2 WHO ARE 8 BY 1/1/12.

**WHEN:** WEDNESDAYS, 1-3 P.M., FEB. 8-MAY 21

**SIGN UP:** BY FEB. 3

**WHAT:** PRACTICES, REGIONAL MEET, OPTIONAL STATE SPECIAL OLYMPICS MEET



## CHEERLEADING

**SPONSORS:** RACHEL JONES, M.S., CFY-SLP, AND ALICIA PATILLO, M.S., CCC-SLP

**WHO:** GIRLS IN I1, I2, U1 AND U2

**WHEN:** THURSDAYS, 3:15-4:15 P.M., JAN. 12-MAY 25

**SIGN UP BY:** TBD, SEPTEMBER

**WHAT:** CHEER AT MONTHLY SCHOOL CHARACTER ASSEMBLIES AND ANNUAL CAC TRACK MEET IN APRIL