Bridge II Sports

Athlete and Family Handbook

2015

‘Prepare the child for the path not the path for the child’ ~ Tim Elmore

Jenna Hinton
9/3/2015

BRIDGE II SPORTS

Version 6.2 [9/3/2015]

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INTRODUCTION

Handbook Overview

The Bridge II Sports [BIIS] Athlete & Family Handbook has been created to provide Players, Parents/Guardians and Coaches with a comprehensive reference document outlining the operating model of BIIS.

While this handbook has value as a reference document, it is by no means an adequate substitute for ongoing communication among Players, Parent/Guardians, Coaches and Board Members.

All material contained in this handbook has been published with the approval of the BIIS Board of Directors.

Vision, Mission, and Goals

Bridge II Sports is a non-profit, 501(c)(3) organization. Bridge II Sports mission is to create opportunities for children and adults who are physically challenged to play team and individual sports by providing equipment, developing sports, teams and coaching, thereby helping them to discover tenacity, confidence, self-esteem, and the joy of finding the player within.

Bridge II Sports provides adaptive sporting programs to those with heart!

We recognize the value and potential of all lives. Disability does not define people or outcomes.

Our Vision

By creating opportunities Bridge II Sports develops a culture of empowerment that fosters respect for all abilities and has a life changing impact on all humanity.

Our Mission

Bridge II Sports educates develops and implements opportunities for youth and adults with physical disabilities to play individual, team and recreational sports.

The goals of Bridge II are as follows:

To maintain programs that promotes healthy, active lifestyles.

To develop customized programs that meet the demands of our targeted populations.

To treat every client and person with whom we interface with dignity, compassion, and sensitivity.

To broaden our efforts to educate our communities, through sports, the need of higher education and employment for those with disabilities thus increase the social capital of individuals with disabilities within their communities.

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The objectives of Bridge II Sports are as follows:

To pursue only those activities that keep with our mission as an organization dedicated to the promotion of adaptive and recreational sports.

To develop innovative approaches to further develop a variety of adaptive sports within our target service areas.

To serve everyone regardless of gender, age, race, religion, or national origin.

OurCoreValues

- Our philosophy is that BIIS will achieve its goals through participant commitment.
- We employ an empowerment model that combines expectations for Players, Parents/Guardians and Community Partners with specified program principles.
- Our 4 program principles: 1] long-term commitment 2] consistent leadership training 3] mentorship 4] trust building.

AboutUs

Bridge II Sports is a Paralympic Sports Club, and a chapter of Disabled Sports USA. BIIS is registered as a 501[c][3] charity with the Internal Revenue Service [Tax ID# 20-8577055], making all contributions to our program fully tax deductible in accordance with IRS Regulations.

BIIS is governed by a Board and Committees. The Board is an active team comprised of an Executive Committee, Governance Committee, Finance Committee, Marketing and Media Committee, Community Outreach and Fundraising Committee. There are two sub committees off of the Governance Committee: Legal Sub- Committee, Program Logistics & Philosophy Sub- Committee.

MemberBenefits

For Players:

- Skill development through weekly practice sessions during the season.
- Access to talented, dedicated and knowledgeable staff.
- On-site administrative support, prompt and thorough communication and regular office hours to address member's needs.
- Can include participation in competitive tournaments.
- A team community where mutual support and a distinctive, positive club culture is fostered.
- Special events such as our Holiday party, End-of-Season party and community outreach.
- Opportunities to develop the athletes' voice for advocacy; advocacy for disability and addressing the need and value of adapted sports.
- Priority access to adaptive sport equipment for use during school competitions; based on availability and for a small fee.

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Insurance:

- BIIS carries 3M/1M liability policy.
- BIIS carries a 1M child molestation policy.
- BIIS carries E and O for Board Members.

For Parent[s]/Guardian[s]:

- Seeing your athlete's skills increase [both on and off the field of play].
- Attending competitive tournaments and supporting your athlete's team.
- On-site administrative support, prompt and thorough communication and regular office hours to address members' needs.
- Getting involved in our program by learning how to advocate for adaptive sport athletes.
- Helping to raise funds for team competitions/events.
- Benefiting from the wisdom gained by past parents/guardians/supporters/volunteers in your role as a BIIS parents/guardians/supporters/volunteers [especially with regard to the growth and development of happy, healthy adaptive sport athletes].

What You Should Know Before Joining

Season & Operations:

- BIIS runs year-round programming and includes many different sports.
- There is NO guaranteed play time at tournaments.
- Youth players are required to stay in hotel rooms with their teams for any overnight travel [see 'Travel Policy' for more details]. Our youngest athletes [ages 5 to 12] will travel with their parent/guardian but will adhere to the team travel schedule [as set by the coaching staff].
- Opportunities to foster independence are encouraged in the safe environment that we create for our members.

Staff/Coaches are:

- Enthusiastic, committed and caring.
- Those working with youth are background screened.
- 'Certified in Sport' [where applicable].
- Receive training and certification through the 'Positive Coaching Alliance', 'USOC Safe Sport', 'Darkness-to-Light' and 'Heads Up Concussion Awareness'.
- New for 2015! Red Cross Training in First Aid/CPR.

Team Commitment:

- Teams typically practice one time per week.
- Practice sessions are mandatory. When possible, please communicate any planned absences [class trips, family vacations, etc.] ahead of time with your coaching staff for approved excusal.
- Family emergencies and illness are always excused but we still ask our families to communicate those absences with the coaching staff.
- Each sport has 1-3 tournaments/events during their season and athletes are expected to participate.
- Youth players are expected to fundraise to pay for their travel to tournaments.

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- Parents/Guardians and Players are expected to complete 'Positive Coaching Alliance' training and pass the online test.
- Parents/Guardians and Players must read the 'Bridge II Sports Athlete and Family Handbook' and the 'Athlete Commitment Letter'.
- Parents/Guardians and Players must agree and sign the 'Handbook Agreement/Signature Form' which indicates that all members [players and Parent/Guardian s] will embrace the BIIS mission, follow our policies and honor athlete commitments.

Recreational Athlete Commitment

- Sports schedules vary; practices may be once per month or once every two weeks.
- Players and Parents/Guardians are expected to complete 'Positive Coaching Alliance' training and pass the online test.
- Players and Parents/Guardians must read the 'Bridge II Sports Athlete and Family Handbook' and the 'Athlete Commitment Letter'.
- Players and Parents/Guardians must agree and sign the 'Handbook Agreement/Signature Form' which indicates that ALL members [Players and Parents/Guardians] will embrace the BIIS mission, follow our policies and honor athlete commitment.

Financial Commitment

- BIIS has a membership fee [see 'Membership Fees' for details].
- BIIS uniforms are the property of BIIS. A security deposit for each uniform is required at beginning of every season and will be forfeited if the complete uniform is not turned in at end of season [see 'Uniform Policy' for details and cost].
- Players who are not in good financial standing with Bridge II Sports will NOT be permitted to participate in team practices or attend tournaments. Parent/Guardian communication is vital – please communicate with BIIS in cases of unexpected financial hardship during the season.
- Scholarships and partial scholarships are available for those who are in true financial need [see 'Scholarship Application'].

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COMMUNICATION

Website

The BIIS website, www.bridge2sports.org, is our primary source for team information. Our website includes practice & tournament schedules, facility directions, policies & procedures, news, tournament results and more.

E-Mail

Email is our secondary source of communication among Players, Parent/Guardians, Coaches, and Team Representatives.

Once our team selection is completed and our rosters have been finalized, the coaching staff or a team representative will distribute team contact lists with player contact information Included within this list: player/parent/guardian names, addresses, email addresses and mobile/home telephone numbers. This information is distributed for the convenience of our members and to facilitate communications. We request that all recipients respect other members' privacy and confidentiality.

Staff

Executive Director	Ashley Thomas	866-880-2742 EXT. 01 ashley@bridge2sports.org
Asst. Director	Fiona Allen	866-880-2742 EXT. 05 fionaa@bridge2sports.org
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Events Coordinator	Joel Wilson	866-880-2742 EXT. 03 joelw@bridge2sports.org
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Programs Coordinator	Parissa Fathullahzadeh	866-880-2742 EXT. 05 parissaf@bridge2sports.org
Coaching Staff	Varies by sport	

BIISBoard

There is an application process to become a Board member. Anyone seeking to serve on the Board must first serve on a committee. Parents/Guardians of active players will typically serve as committee members until their child has finished their involvement in youth programming at BIIS. Once the application has been reviewed, a nomination is presented by the Governance Committee. New Board members are recruited when Board positions are open. Board members receive no financial compensation. For the names, telephone numbers and email addresses of the current Board members please see the BIIS website. Board Positions are for a three year term. The Board is a working Board.

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CLUB MEMBERSHIP

Affiliation

Athletes that participate with BIIS teams and sports will be affiliated as 'Members' with the club from the time that they officially commit to a program to the end of the year or elect to terminate their membership. Each membership will automatically terminate twelve months from the date of joining BIIS.

'Good Standing'

To be in good standing requires:

1. A Player's account is current, with all outstanding invoices and fees paid according to the established club fee schedule.
2. Player conduct, both on and off the court, is consistent with the expectations and policies of BIIS.
3. Parent/Guardian conduct, both on and off the court, is consistent with the expectations and policies of BIIS.
4. Players and Parents/Guardians have both signed the 'Handbook Agreement/Signature Form'.

Termination of Affiliation by Club

If a member [player or parent/guardian] consistently violates BIIS club bylaws, behaves in a manner that such a way as to cause fines or sanctions to be levied, acts in a way unbecoming a BIIS member or commits any act prejudicial to the best interest of the club, then upon recommendation of the Executive Director and Staff, action will be taken to exclude that member/family from participation in BIIS. If a member is removed for any of the above reasons, all fees and dues is forfeited. Uniform return policy will be followed.

Termination of Affiliation by athlete and/or family

Any athlete who wishes to terminate their affiliation should do so by contacting both their coach and the Executive Director.

Suspension of Participation

The Executive Director has at his/her discretion the suspension from participation for any athlete who violates the stated policies of the BIIS. Additionally, any athlete account which is one [1] or more months in arrears in the payment of dues or fees to the club may be suspended from participation. The athlete may submit a request to the Executive Director to reinstate their membership [provided that their athlete account is no longer in arrears and their behavior is consistent with policies].

Regional Notification

In case of the resignation or expulsion of any athlete, the club administration shall immediately notify the appropriate club affiliations [including the governing sport body] of such action.

Membership Fees

Starting in 2015, Bridge II Sports will offer membership programs for recreational and competitive athletes. Visitors to BIIS can attend two practice sessions, on a trial basis, free of charge.

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Gold Membership

BIIS Individual Member Fee…$25
Programming Fee…$125 annually
TOTAL…$150 annually

Benefits:

- All-Inclusive Programming [access to any sport or practice free of charge; online registration is all that is required].
- User login on BIIS database system.
- Priority accessibility and special pricing on equipment rental.
- Ability to attend special training sessions and speaking engagements at a discounted rate.
- BIIS decal and pen.

12-Month Payment Plan Available: $13 monthly [$156 annually]

Financial Aid: Scholarship aid is available on a limited basis for those with true financial need [application available upon request]. If application is submitted and approved, members will have access to the following [below].

- BIIS membership card and user login on BIIS database system.
- Access to one sport or one program's practices for free; online registration is required.
- Ability to attend trainings and speaker engagements free of charge.
- BIIS decal and pen.

Membership Payment

- Either membership is good for a full 12 months from the date of joining. Membership fees can be paid by check or online payment with a credit card through our website. Gold Membership can be paid in full, quarterly [$37.50] or semi-yearly [$75], or monthly [$13]. Membership fees are not tax- deductible.

Competitive Team Fees:

Athletes on competitive teams will be either a 'Gold' member of BIIS and will also be responsible for raising the money that is required for their team to attend tournaments. When adequate funds are not raised to cover competition expenses our teams cannot compete in tournaments. Currently, we have 3 competitive teams: Prep Wheelchair Basketball, Varsity Wheelchair Basketball, and Boccia.

Tournament expenses are shared by the team and can include: uniform fees, tournament fees, team registration fees, travel costs [hotel, gas, van or car rental, coaching expenses, chaperone expenses for prep teams, etc.]. Food will be paid for by the individual.

To help defray individual expense, BIIS offers opportunities to fundraise throughout the year. In the past BIIS members have raised funds by selling candy, candles, Krispy Kreme donuts, Christmas wreaths and by selling concessions at our home basketball tournaments. On all club sponsored fundraising, there is a 15% BIIS administration fee collected.

Members can opt not to fundraise and instead write a check for their portion of their teams'

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competition expenses. Travel expenses are determined based on each tournaments individual cost. Team travel budget estimates are made available prior to each season by BIIS.

GiGe and Mancave:
GiGe and Mancave Event attendees must be a Gold member of BIIS and will also be responsible for raising the necessary funds required for them to attend events that include additional expenses.

To help defray individual expense, BIIS offers opportunities to fundraise throughout the year. In the past BIIS members have raised funds by selling candy, candles, Krispy Kreme donuts, Christmas wreaths and by selling concessions at our home basketball tournaments. On all club sponsored fundraising, there is a 15% BIIS administration fee collected.

Members can opt not to fundraise and instead write a check for their portion of their GiGe and Mancave participants' expenses.

Confidentiality

All member communications, program documents [other than marketing materials] and training program materials are confidential and are not to be made public or shared with non-BIIS members. We expect all members to adhere to this policy and note that members who share such information are in violation of your agreement to follow the club policies.

Social Media

Athletes and families are responsible for all content posted on social media that references BIIS as an organization, BIIS teams, BIIS members, BIIS staff or events associated with BIIS [both hosted and attended]. We view all forms of social media [Facebook, MySpace, Twitter, Vine, Snapchat, Instagram etc.] as public regardless of your personal profile settings.

Any posts obtained by BIIS made by athletes and/or family members that reflect poorly on B2S will be taken seriously and addressed according to club policies.

Code of Conduct

The appropriate conduct of Bridge II Sports players, family members, coaches, chaperones, volunteers, staff and Board Members is essential for a safe, healthy and productive environment. As such, the Code of Conduct policy is applicable to all persons directly or indirectly associated with BIIS.

THE FOLLOWING ACTIONS ARE PROHIBITED at any tournament, event, or practice. The policies apply to conduct, both on or off the court and will carry progressive disciplinary action up to and including removal from BIIS:

Category 1 – Personal Behavior

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1. Possession or use of any alcoholic substance or tobacco product or any other substance banned by BIIS.
2. Possession or use of ANY over-the-counter medication or prescription drug of any kind without the knowledge of the team coach and team chaperone [use of such medications must be communicated to the team coach or chaperone].
3. Physical damage to any BIIS property or any facility, hotel or dorm room.
4. Theft of personal or public property; full restitution will be part of any penalty imposed.
5. Use of a recognized identification card by anyone other than the individual described on the card.
6. Violation of the specific policies, regulations, and/or procedures of National Governing Body (NGB), or the facility used in conjunction with a sanctioned event. It is the responsibility of all persons associated with BIIS to be familiar with applicable specific policies, regulations and procedures.

Category 2 – Behavior Affecting Others

1. Illegal transport, illegal possession, or use of illegal drugs or other substances banned by BIIS [NOTE: Disciplinary actions for use of banned substance shall be in accordance with NGB Drug Policy Program and the United States Olympic Committee Anti-Doping Policies].
2. Possession of fireworks, ammunition, firearms, or other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons.
3. Providing any over-the counter or prescription medication, legal or illegal drug, alcohol, tobacco, or any banned substance to another individual [either knowingly or unknowingly].
   a. If necessary, parents may administer over-the-counter or prescribed medications to their own child; this must be communicated to the team coach or chaperone.
   b. Parents may not distribute any type of medication to anyone other than their own child.
4. Any action considered to be an offense under Federal, State or local law ordinances.
5. Conduct, which is inappropriate as determined by comparison to normally, accepted behavior.
6. Verbal intimidation of or physical harm to any individual during a sanctioned tournament, travel event or practice.

InclementWeatherPolicy

In the case of inclement weather and/or area school closings BIIS will post any closure or delay notices on the sports practice schedule by no later than 3 PM via website, e-mail and Facebook [texting for specific programs].

In some cases, when conditions vary across the area, activities at the gym will be 'optional' for participants. Regardless of whether an event is cancelled or delayed, families are always encouraged to use their best judgment in these situations as conditions do vary across the region and we have members that travel a great distance to attend BIIS events.

When weather affects BIIS tournaments it is up to the tournament host site and/or BIIS Executive Director to determine whether the event will be cancelled or delayed.

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- Non-participants [including Parents/Guardians] should not interrupt or distract players, teams or coaching staff during competition or during training sessions [unless there is a true emergency].
- All equipment in the gym or playing area, including balls, is for the athletes' use ONLY.
- Only participants are allowed on courts or in playing areas. Non-participant children MUST be supervised by Parent/Guardian.
- NO FOOD OR BEVERAGES on the courts. ONLY water is allowed.
- The BIIS office is a workspace and meeting space. Please knock on closed office doors before entering.
  When possible, please schedule meetings with the BIIS administrative staff.
- Please let staff know if anything in the gym/facility needs attention or if our equipment is in disrepair.

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ATHLETE POLICIES & EXPECTATIONS

Attendance

- All training, practices, competitions, clinics, meetings, service projects/fundraising are mandatory for the athlete. Our schedules are provided well in advance and we expect athlete absences/tardiness to be infrequent and clearly communicated in advance with coaching staff.
- In the case of illness and if the athlete is unable to communicate for themselves a family member must let the coaching staff know of absence as soon as possible.
- Failure of an athlete to communicate with coaching staff on attendance issues is a serious infraction.

Competitive Athlete Commitment

By accepting a position on the team, all competitive athletes [i.e. athletes that desire to play in tournaments] are making a commitment to BIIS. Players will read the 'Athlete Commitment Letter' and sign the 'Handbook Agreement/Signature Form' containing the following statements:

Please read through **carefully**:

1) I will maintain a 'C' or above in all of my classes in order to play in tournaments. If I am struggling academically, I will talk to my coaches to work out an action plan to get help and support. Athletes will bring in their 9-week and semester grades to their coaches.
2) Should a conflict arise, I will notify my coach immediately by email, using the BIIS Facebook page or text/phone.
3) I will communicate with my coaches by no later than noon on Friday prior to each practice to let staff know that I will need a chair to play by email, using the BIIS Facebook page or text/phone. A sports chair will not be available if I do not let my coaches know that I plan to attend practices.
4) It is expected that high school age players should communicate with their coaches [not Parent/Guardian] to foster personal accountability and build interpersonal relationship skills [on all team related issues].
5) I will check and respond to emails promptly.
6) I commit to participate in at least one community awareness activity over the course of one season.
7) I commit to being part of two or more fundraisers in order to be eligible to receive additional BIIS funding to help offset travel expenses.
8) I commit to attend practices to be eligible to receive additional BIIS funding to pay a percentage of my hotel expenses during travel trips.
   a) Attending 100% of my practices makes me eligible to receive 50% of hotel cost. b) Attending 80% of my practices makes me eligible to receive 30% of hotel cost.
   c) In order to be excused from practice, I must communicate with team manager who will determine if my absence is acceptable.
9) I commit to keeping a good attitude, use encouraging words to teammates, and following the direction of my coaches. NO swearing or foul language is allowed.
10) I commit to being mindful of my personal hygiene [bathing, using deodorant and brushing my teeth].
11) I will behave appropriately with my teammate, club mates and opponents at practices and tournaments.

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a) I will not talk back to coaches, players or referees. If I choose to respond in an inappropriate manner, I can expect to forfeit playing time immediately.
b) I will refrain from negative comments, behavior or body language. I understand that this behavior is destructive and will not be tolerated.
c) I will give encouragement to my fellow teammates, while exemplifying and demonstrating good sportsmanship at all times.

Medical Forms and Injuries

- Injured or ill athletes must notify their coach as soon as possible of their condition and associated absences. Failure to disclose an injury/illness is a serious and potentially dangerous issue.
- Athletes are responsible for keeping the coaches informed regarding any rehabilitation process.
- Injured athletes will need to present written physician's clearance to return to normal activities before they will be allowed to practice or compete with team [this is true also for athletes who are recovering from a serious illness].
- Injured or recovering athletes are encouraged to attend practices, competitions and any other team activities. Injured/recovering athletes who remain connected with their team are less likely to feel isolated and will stay up-to-date on all team affairs. A role will be found for injured/recovering athletes at practice and during competition during this process.

Training

- Report to practice on time [15 minutes early so you are prepared to start when practice begins].
- Be ready to focus and prepared to train with intensity.
- Be in proper practice attire; no jewelry.
- Have all your equipment in order; help load and unload.
- Bring a water bottle with you.
- Athletes are expected to keep our environment neat and organized.
    - o Line-up your belongings neatly, or in a location specified by coach.
    - o Dispose of trash.
    - o Put all training equipment away in proper place.
    - o Take all your belongings when leaving a location. Items left behind will be 'earned back'.
- Athlete's aspiring to compete at the highest level will need to condition/train outside of team practices. Without question, serious athletes will need to train additionally on their own in order to achieve the necessary physical training and conditioning required being an elite athlete. Physical Therapy consultants recommend that at a minimum, core strength and flexibility be the primary focus of any outside training activities.

Tournament Commitment

The purpose of this policy is to define the Player and Parent/Guardian responsibilities associated with travel to tournaments. A huge amount of planning, coordination and organizational skill is required to successfully plan our player travel and competition. These guidelines help insure a clear understanding of travel/competition commitments and obligations.

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Description

All players are required to review the tournament schedule and make a decision regarding your participation in each tournament. Please communicate your decision prior to the deadline defined by your coaches. Families will be provided ample time to consider the competition schedule and determine if there are any events that they are unable to attend.

Once the team roster is finalized and transportation and hotel accommodations have been secured, members [players and their families] become financially responsible for the designated payments associated with the specific tournament[s] that they have committed to attending. Members must understand that the designated payment is based on the exact number of players who have committed to attending an event; any change to the size of the roster will impact every family. If a member commits to an event but opts not to attend, that member is still held financially responsible for the full payment designated for that event; except in documented cases of serious illness or injury. Additionally, this member will not be allowed to participate in future tournaments until this obligation is fulfilled. In case of minor injury/illness, the player is encouraged to participate in the weekend fun and help support their team.

A player who wants to be added to a roster the start of the season may only do so with the coach's permission and the availability of hotel and transportation. If transportation is unavailable, a player's Parent/Guardian will be needed to escort the player and join the team at the travel location. Regardless of age, under no circumstances will players on our youth teams be allowed to travel alone to join their team at a travel location; this policy protects the player and BIIS. Any individual exceptions to this policy need to be brought to the attention of the Executive Officer and Coach.

PlayingTime Considerations

Our experience is that the concept 'fair' playing time has a different meaning for Coaches, Parents/Guardians, and Athletes. Disparate views on what constitutes 'fair' playing time are the most common source of athlete and/or family member frustration in sports.

Key to minimizing the potential for misunderstandings about playing time among coaching staff, athletes, and family are recognizing the following:

- One of the greatest team management challenges for any coach is balancing the dual interests of distributing playing time fairly on the individual level and achieving the goals and objectives of the team as a whole.
- 'Fair' playing time does not mean 'equal' playing time.
- Playing time philosophy and its distribution across team members will differ depending on age and competitive level.
- Critical to understanding differences in playing time amongst athletes on a given team is understanding the role of the athlete on the team.
- Unique player roles, by nature of position, skill, or ability can lead to differences in playing time that are necessary and appropriate.
- Athletes with concerns regarding playing time should address their coach directly.
    - o Athletes are welcome to schedule an appointment to discuss their role or playing time. These meeting should be scheduled around training and competition and do not have

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to include a parent/guardian.
    - o Parents/Guardians who wish to meet and discuss their player's role or playing time will also need to schedule around training and competition. Such meetings require that the player is present or a meeting cannot be held. This policy is in place to benefit the athlete who [ultimately] must have the clearest understanding of their role on the team.
    - o It is not appropriate for a Player or a Parent/Guardian to engage a coach in a discussion about 'role' or 'playing time' during the course of a travel trip or during a training session.
- Any conversation with a BIIS staff member, other than the coach, pertaining to a player's role or playing time will be held by appointment only and may require the presence of another BIIS staff member.

Dress Code

All athletes will display clean, neat, unified, and modest dress at all club functions. We are representatives of not only BIIS but also our families, schools, US Paralympics, and Disabled Sports USA.

Team Travel Trips: When traveling as a team to tournament locations by any transportation mode [air, bus, van, subway] players will depart wearing BIIS warm-ups [jacket and pant] and club issued t-shirts. On the return trip players will wear their warm-up jacket and club issued t-shirt. It is suggested that athletes substitute with jeans or shorts if they notice their warm up pant is unfit to wear and needs to be laundered after the weekend.

Traveling To/From Venues: Unless otherwise instructed, players will arrive and depart from the tournament venues in BIIS warm-ups, club issued t-shirts and backpacks. The coaching staff will be responsible for communicating with the team and team reps if the dress code has been modified. During warm weather, players may not be required to wear their warm up jacket or pant and may substitute with their own gym shorts [black
or blue]; no jean shorts.

Team Uniforms

Team Uniforms are the property of BIIS.

- A uniform is defined as the numbered jersey, gym short, warm-up pant and jacket.
- A $75 deposit is required when of the uniform is issued.
- Refunds will be issued at end of season.
    - o Maximum refund of $50 if all items have been returned clean and in good condition [$25 is retained by BII2 for the upkeep and restocking of team uniforms].
    - o For each item not returned a percent of the deposit will be forfeited:
      Warm Up Jacket = $35, Jersey = $35, Warm-up Pants = $30, Gym shorts = $25.

A BIIS t-shirt [if issued] is the property of the BIIS athlete.

Youth Team Travel Responsibilities

The purpose of this section is to define the roles and responsibilities of the Players and

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Chaperones when traveling as a team.

Chaperones Responsibilities:

- The chaperones will aid with the team logistics [as organized by the coaching staff] during the team's 'downtime'.
- The chaperone will help the coaching staff by making the decisions regarding meals and activities, enforcing bedtimes and curfews, and by providing supervision.
- Chaperones are not in charge of team discipline but will [immediately and without fail] notify the coaching staff of any infractions or inappropriate behavior.
- For complete expectations and guidelines go to the 'Chaperone' section of handbook.

Players Responsibilities:

- Bring your uniform to all competitions.
- Youth athletes will remain under the supervision of the coaching staff or a chaperone during competition [this includes travel and non-travel events].
- Players are expected to be cooperative and helpful to their coaches and chaperones.
- Coaches will formally 'release' athletes once all competition duties are completed.
- At all times on and off court, every BIIS athlete will contribute to their team's success by focusing on the match, supporting teammates, exemplifying good sportsmanship, and displaying a positive attitude.
- Our athletes will demonstrate sportsmanship during competition by refusing to respond to trash talking, heckling, or other antagonism. Our play will speak for itself.
- Every team member is responsible for completing any duties relating to competition.
- Any areas occupied by teams [i.e. benches, sideline, 'camp area', etc.] will be maintained and kept neat and orderly, regardless of their condition when team arrived.
- Players will honor the Code of Conduct [before/during/after competition, at the hotel, during transit, when dining out and during any team outings].
- On travel trips, players should NEVER go anywhere alone. Players remain in groups of two or more at the hotel, venue and any other location for the duration of the trip. You must also receive permission from a coach or chaperone to leave the group for any reason [restroom, soda machine, getting taped, buying souvenirs, etc.].
- Get plenty of rest and go to sleep when you are told! The days are long and hard and the only way to play your best is when you are well rested.
- Make healthy food choices and hydrate properly [this will honestly make a huge difference in your performance and attitude].
- Double check your bags for all items you might need for the full day [extra jersey, water bottle, toiletries needs, stump care needs, clothing, socks, money, etc.]
- Be pleasant, helpful and cooperative and everyone will have an enjoyable experience.

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Amateur Status

All athletes should be aware of the possible impact on amateur status that can result from receiving prizes or prize money from participation in an event.

This area will be developed more, as it is currently being discussed if grants for sports equipment will be considered a gifts and awards. The E. D. is working on this policy for the state of NC, to get waivers as the cost of this equipment is so much more in consideration to able bodied sports. But to be clear, we have included the rules that are currently being used.

From the 2013/2014 NCAA Division 1 Manual:

12.1.2.4 Exceptions to Amateurism Rule

12.1.2.4.1 Exception for Prize Money Based on Performance- Sports other than Tennis. In sports other than tennis, an individual may accept prize money based on his or her place finish or performance in an athletics event. Such prize money may not exceed actual and necessary expenses and may be provided only by the sponsor of the event. The calculation of actual and necessary expenses shall not include the expenses or fees of anyone other than the individual [e.g. coach's fees or expense, Parent/Guardian's expenses] [Adopted: 4/25/02 effective 8/1/02, Revised: 12/12/06 applicable to any expenses received by a prospective student athlete on or after 8/23/06, 4/26/12, 1/19/13 effective 8/1/13].

InjuryPrevention

Injury prevention is CRITICAL to an athlete's success and a necessary component of a comprehensive training program. MORE training does not translate to greater success in the absence of knowledge of injury prevention and the implementation of an active injury prevention and physical recovery program.

Critical to maintaining a healthy and fit athlete are the following:

1. Athlete understanding and incorporation of injury prevention exercises and other healthy behaviors in their regular weekly routine.
2. Family support and encouragement in rationale for and execution of the exercises and other preventative measures.
3. Periodically, BIIS will host healthy awareness activities to educate the families on good practices. Please take advantage of these when they are available.

AM I HURT?

Some degree of pain and discomfort is inherent in all athletic play. This makes knowing the difference between 'hurting' and 'being hurt' especially difficult. Keeping an athlete healthy, minimizing injury rich, avoiding injury aggravation/escalation, and returning from injuries takes the collective attention and efforts of athletes, family members, and coaching staff.

An athletes' DISCLOSURE is the necessary first-step in diagnosis, treatment, and recovery from an injury. A failure to disclose an injury, regardless of what seems to be a good reason [i.e., 'My team needs me'] is

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both dangerous and a serious concern. Reporting injury, pain, and/or discomfort in NOT a sign of weakness but a sign of responsibility to yourself and your team.

When you join BIIS you are expected to submit physical information as part of your signing paperwork when injury requires you to refrain from or restrict your training and/or competition a doctor's release is REQUIRED prior to the athlete returning to either restricted or full participation. There are NO EXCEPTIONS to this rule.

OVERUSE/STRESS INJURIES

Overuse or stress injuries, most often, are preventable. Overuse injuries are the result of repetitive movement. Prevention relies solely on awareness first, action second. Ignoring an injury will NEVER make it go away. ALL overuse injuries begin with athlete experiencing very minor ache and pain. The IDENTIFICATION of a problem in the early stages can easily preempt it worsening. If identified early, preventative measures can be put in place that KEEP the athlete in the game. Athletes and Parents/Guardians need to understand that responding to the early warning signs does not necessarily mean that athlete cannot practice or play.

CONCUSSIONS

Concussions can be quite serious and typically result from athlete collision, contact with the floor, or contact with a ball. Making sure the training environment is safe and that the athletes communicate clearly and loudly on the court are the best measure to avoid concussions.

Often treatment and recovery from a concussion involves totally removing the athlete from the training and competitive environment in order to avoid brain stimulation. **It is strongly recommended that after any head trauma an athlete should be checked by a physician as concussions can have a cumulative effect.**

BIIS is recommending that all participating athletes receive an ImPACT Baseline Test. The ImPACT test [Immediate Post-Concussion Assessment and Cognitive Testing] is a computerized concussion evaluation system that allows healthcare professionals to track recovery of the cognitive process following concussion and aids in determining when athletes are best able to return to activities. This test will be used in comparison to a repeat ImPACT test that allows healthcare professionals to assess changes or damage caused by a concussion. The ImPACT baseline test should be repeated every 2 years. Many student-athletes receive the ImPACT baseline test through their school. BIIS staff members are required to attend a Concussion Clinic.

NUTRITION

The importance of good nutrition and hydration practices cannot be overstated in the area of preventing injury. Additionally, good eating habits are necessary for our athletes to have the strength and endurance to participate fully in practice and competition. The intense repetitive demands of the sport require a balanced diet that includes substantial quantities of both protein and healthy carbohydrates.

It cannot be overstated the role that family members play in keeping their athlete healthy and injury free.

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FAMILYMEMBERS'GUIDE

Family Members' Role

Recognize that:

1. For all athletes this athletic experience is designed to challenge your athlete physically, technically and mentally.
2. BIIS coaches are trained coaches and are aware of what each sport requires.
3. Sports include mistakes. Athletes that learn how to handle mistakes appropriately will develop into confident people on and off court.
4. It can be difficult to remember #1 through #3 when their athlete's response to a challenge to become overly emotional.
5. It is not the role of the parent/guardian to prepare the path for the child, it is the role of the parent/guardian to prepare the child for the path.

Family Members should act in a manner that:

1. Supports the goals and objectives of the club and the team and adhere to the expectations and policies in this handbook.
2. Demonstrates control over their own emotional reactions to their athlete's experiences.
3. Serves their athlete's overall development in sport and life by positively directing them to work with their teammates [when appropriate], coaching staff and club administration as they navigate the challenging environment of adaptive sports.

General Expectations for Family Members

- Family Member Support is encouraged and appreciated.
- BIIS endorses and fully supports Positive Coaching Alliance 'Participant/Spectator Behavior' Parents/Guardians are expected to comply with all the policies of the Positive Coaching Alliance.
- Family members are representatives of the club, and should maintain the same professional standards of conduct in sportsmanship and competition required of the athletes, coaches and administrators. We ask that Parents/Guardians project a positive image on behalf of BIIS. Parents/Guardians may not engage in activities that may serve as a detriment to the team and/or club's goals. Some of these activities include, but are not limited to the following:
    1. Berating or harassing referees, opposing teams or coaches. Under no circumstances should a Parent/Guardian attempt to communicate with an official, judge or scorekeeper.
    2. Making critical comments of our program or athletes.
    3. Complaining about events that we are hosting/attending or the tournament venues that host our teams.
- Family Members are asked to support their athletes commitment to their BIIS team ad allow them to make this experience their own. Understand that athletes are responsible for many aspects of their training including: maintaining facilities, notifying coaches of planned absences, and dressing appropriately for training and traveling, and helping the team administratively. Family Member reinforcement of BIIS's expectations of personal

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responsibility and accountability of each athlete is essential to their development.

- 'Coaching' is strictly the role of our coaches and one in which they invest tremendous time and effort. Parents/Guardians should refrain from 'coaching' their athlete or attempting to gain their attention of any player during training or competition. Splitting the attention of an athlete or conflicting instructions between coaches and family members is not in the best interest of the athlete or the team.
- Allow your child to think, act and respond independently in the safety of the team environment. Please respect their independence by providing 'space' for the team to build a healthy team dynamic; this includes breaks during practice and on travel trips [the periods of time when team members will have the best opportunity to interact and build relationships].
- We expect family members to recognize that our programs are designed to challenge and develop athletes. We find athletes are most successful when Parents/Guardians put proper context on challenges and encourage athletes to address them directly with their coaches.
- Family members are encouraged to establish a positive rapport with the coaching and administrative staff of BIIS. Family members should not disparage or criticize coaches or other athletes in public or in front of their athlete. Any negative comments invariably affect athletes' performance and attitude, making them less likely to enjoy a positive athletic experience. We suggest you enjoy and celebrate the many positive [and sometime negative] experiences that are a part of competitive athletics; realizing that they are all opportunities for growth.

Communication for Family Members

- Athletics provide an essential opportunity for athletes to develop communication skills, as well as an environment for discovering the value of competition, teamwork, and personal responsibility. Family members should encourage their athlete to initiate communication with their coach when any concern or question rose.
- Family members will not discuss concerns relating to playing time, team performance, athlete role, etc. with coaches or administrators immediately before, after or during a training session or competition. These conversations require an appointment with the coach, and often times another staff member at a mutually agreed upon time and require the presence of the athlete. Failure to respect this rule is considered a serious infraction.
- Please anticipate a meeting with a staff member if you find yourself criticizing the coach or other athlete's performances, especially when this involves other Parents/Guardians on your team. Unchecked, this activity serves to damage your athlete's team and therefore, their team experience.
- Inappropriate Parent/Guardian behavior that reflects poorly on B2S is grounds for Parental/Guardian al restriction on attendance at the tournament and being present in our gym, and can lead to the families removal from club affiliation
- The club disseminates a tremendous amount of information via club emails. Reading and completing actionable items in a timely basis is expected. If you are not receiving emails on a regular basis contact the office.

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TeamPractices

- Parents/Guardians and visitors are welcome in our gym.
- Please minimize any off-court disturbances that are distracting and may hamper the team's training efforts. Remember to respect the team by providing 'space'.
- Do not offer coaching advice at any time during practice.
- Family members are responsible for their athlete's transportation to and from practice will be punctual at pick up time.

ChaperoneResponsibilities,PoliciesandGuidelines

Responsibilities: You back up BIIS, our coaching staff and our club's mission statement. You ensure that the players are:

- FED
- RESTED
- SAFE [on and off court]
- Should never take the lead if team discipline needs to be enforced [unless there is an urgent safety concern]. Instead, allow the coaching staff to handle the team but notify them immediately if you observe any inappropriate behavior. This protects you and your child from the potential displeasure of other team members or family members should the coaching staff decide that they need to take action.
- Encourage accountability and responsibility but supervise them at all times. History has taught us that travel tournaments are not the time when you decide to relinquish responsibility to the athletes.
- Remember, in the absence of another coach or BIIS chaperone [with an active background screen], you are responsible for your team and athletes.

Qualities:

- Stamina, vim and vigor!!!!!
- You must have a current background check with BIIS.
- Possess the backbone of a drill sergeant, but the patience of a saint.
- Requires a compassionate Parent/Guardian who can help athletes vent and unwind after a long day, but who isn't interested in being everyone's 'friend'.
- It is very advantageous if you have a sense of direction and can drive a full size van.

Cost: The team will pay for the chaperone's hotel room shared that shared with another chaperone. The chaperone pays for their own meals. If the chaperone's spouse is also attending the tournament he/she will be required to get their own room, but is welcome to eat with the team.

Guidelines:

Before leaving

- Carry a master list of the athlete's cell phone numbers, their Parent/Guardians' phone numbers, and their emergency contact numbers.
- Make sure you have a copy of each player's medical release form and keep them with you at all times in the event that medical attention is needed [both on and off the court].

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- Obtain the rooming lists from your coach.
- Find out the 'arrival window' if the tournament if families are driving to the event/venue on their own.
- You or the coach will need to be there at the start time of the 'arrival window' until everyone has arrived.
- Pack a small sewing kit, small flashlight, permanent marker, etc.

1.At the Hotel

A. At check in:

- Make sure all 'extra's' are turned off in the rooms.
- Get two keys for each room. Decide which athlete is designated as 'the keeper' and give them one key [keep the second key for yourself to use during bed checks or in case of a lost key]. Use a permanent marker to mark the plastic keys; use the first initial of all athletes in the room.
- Despite our best efforts, it's not uncommon for the hotel to assign the athletes to rooms on different floors, or on opposite ends of the floor. If this is the case, politely ask the hotel if it's possible to group the athletes, coaches and chaperones close together. In many cases we can switch among the group to [at least] get the athletes closer together. Use common sense, but don't forget it never hurts to ask the hotel for some help.

B. As soonas athletesare settledintheirrooms

- Conduct a meeting in the chaperone's room [with the coaching staff if possible].
- Make sure all the athletes write down your room number.
- Remind the athletes of the rules, the evening's agenda, and curfew.
- Help the athletes figure out what time they need to get up [four athletes showering in the morning or just two?] in order to be ready to meet at the designated time in the morning with the coaching staff or for breakfast.
- Each room should call the front desk for a wakeup call. If needed instruct them how to do it.
- Remind the athletes about mobile phones and electronic devices [need to develop this policy].

2.Food

- When you go out to eat, request separate checks. If this is not possible, you can figure out the average cost per player or separate the check as best you can [don't forget gratuity]. If all will be splitting the check give all the athletes a specific monetary range to target. If you don't, one athlete will order a
  $25+ meal and another player a $10 meal, when you split it, it ends up not being fair to the one who has spent much less. Many of our players are on limited budgets so set the target and enforce it.
- If there is a market nearby, bring the athletes to buy their snacks and cases of water. Or collect money to be used to buy snacks and lunch during the day. Most food at the tournament venues is expensive.
- If you are playing in a late wave, get some menus from restaurants or pizzerias that deliver and bring them with you to the playing area. Sometimes games may go to 9 PM and their gives you the ability to call the order in before you get back to the hotel so the food will be ready when the team is finished for the day.
- You can ask other Parents/Guardians to help go on food runs.

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- Our teams will share meal time together to foster team building. Parents/Guardians are welcome to join the group, but must understand that seating the team together takes priority and if necessary Parents/Guardians may be asked to sit at a different table [in order to keep the players together].

3.Off Time

- It is encouraged that players spend their time off the court as a team. At times, the coaching staff may need to set aside time for studying. Designate one of the players' rooms as the study hall. If the team leaves for an outing, make sure a coach or chaperone stays behind at the hotel with those that need to study.
- Coordinate meals and activities, enforce bedtimes/curfews and supervise athletes.
- Notify the coaching staff of any infractions or inappropriate behavior.
- If you play in the early wave that usually allows more time to explore the region. Ask the concierge about the local attractions [sights, movies, etc.].
- During team outings, exercise caution [avoid risky food choices, explore the region but make sure the team is not overly fatigued and play is not impacted, don't get caught in a situation where you get lost or you arrive late for competition due to traffic/distance, avoid inappropriate movies/restaurants [Hooters!].
- Athletes NEVER go anywhere alone. Players remain in groups of two or more at the hotel, venue and any other location for the duration of the trip. You must also receive permission from a coach or chaperone to leave the group for any reason [restroom, soda machine, getting taped, buying souvenirs, etc.].
- During off times the chaperone must remain accessible. If the athletes are in the hotel, the chaperone needs to be in the hotel also. If the athletes are at the mall, then the chaperone needs to be at the mall also.
- Be aware that during outings the athletes must remain in public view at all times.

4. Curfew

- Enforce the curfew that the coach has set. There are two curfews: #1-In room, #2-Lights out and phones collected.
- All cell phones will be collected at 'lights out'. Make sure they know how to reach you using the hotel phone. Parents/Guardians are instructed to call the chaperones if there is a need to contact their athlete during the night [to allow the other team members to sleep uninterrupted].
- After 'lights out', when you suspect the athletes are asleep, do a bed check with your flashlight; warn the athletes so they are not frightened. You can also simply listen at the door.
- After curfew the chaperone must remain in their room in case a player can easily find them if the need arises. Do not leave the hotel, remain in the lobby or visit another guest's room.

5. Mornings

- Make sure all the athletes are up and getting ready. Start with a call, and then go room-to-room.
- Prior to leaving the hotel, remind the athletes to double-check their bags. Do they have their warm-ups, uniform shirts, sneakers, money, snacks, drinks, etc.?

6. Checkout

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- Prior to check out ensure the athletes have all their belongings and have left the room in reasonable order [trash inside/near bin, used towels in the tub, electronic device chargers are packed, etc.].
- Have each athlete leave a $1 tip for the cleaning ladies.

Escalation & Due Process

Escalation Procedure - Parents/Guardians and Players

If any player or Parent/Guardian has a complaint or concern, they are expected to speak directly with their team coach to try to resolve the issue. If, after failing to resolve an issue, a player or Parent/Guardian would like further consideration, they should then contact the BIIS Director.

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APPENDIX

Handbook Agreement/Signature Forms for Athlete and Parent/Guardian

ATHLETE [If over the age of 18]

I HAVE READ AND ASKED ANY QUESTIONS NEEDED TO CLARIFY THE POLICIES OF BRIDGE II SPORTS.

I, _____, have read the Bridge II Sports Handbook and agree to follow the procedures and expectations set forth in the handbook.

SELECT PAYMENT METHOD

- ☐ GOLD MEMBERSHIP – Annually [$150]
- ☐ GOLD MEMBERSHIP – Semi-Yearly [$75 – 2 Payments]
- ☐ GOLD MEMBERSHIP – Quarterly [$37.50 – 4 Payments]
- ☐ GOLD MEMBERSHIP – Monthly [$15 – 12 Payments] ……$13 x 12 = 156

I, _____, agree to pay my club membership fees as shown above and pledge to remain a member in good standing.

ATHLETE'S SIGNATURE _____DATE____

FINANCIALLY RESPONSIBLE PARENT/GUARDIAN [If under the age of 18]

- ☐ I HAVE READ AND ASKED ANY QUESTIONS NEEDED TO CLARIFY THE POLICIES OF BRIDGE II SPORTS.

I, _____, have read the Bridge II Sports Handbook and agree to follow the procedures and expectations set forth in the handbook.

SELECT PAYMENT METHOD

- ☐ GOLD MEMBERSHIP – Annually [$150]
- ☐ GOLD MEMBERSHIP – Semi-Yearly [$75 – 2 Payments]
- ☐ GOLD MEMBERSHIP – Quarterly [$37.50 – 4 Payments]
- ☐ GOLD MEMBERSHIP – Monthly [$13 – 12 Payments] ……$13 x 12 = 156

I, _____, agree to pay my club membership fees as shown above and pledge to remain a member in good standing.

ADULT'S SIGNATURE _____DATE_____

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BRIDGE II SPORTS

Name: _____

Email: _____

Athlete Commitment Letter

Home Phone: _____ Cell: _____

We will send all scheduling, cancellation, and important information via email. Please provide an address that you check frequently. If you do not have email, please make a note and provide your best phone number. We will also post last minute changes/cancellations on the Bridge II Sports Facebook page [please like us at www.facebook.com/bridge2sports].

In order for our season to be successful, we make a commitment with you. As a Bridge 2 Sports Athlete we expected the following commitment from you.

Please read through carefully:

1) I will maintain a 'C' or above in all of my classes in order to play in tournaments. If I am struggling academically, I will talk to my coaches to work out an action plan to get help and support. Athletes will bring in their 9-week and semester grades to their coaches.
2) Should a conflict arise, I will notify my coach immediately by email, using the BIIS Facebook page or text/phone.
3) I will communicate with my coaches by no later than noon on Friday prior to each practice to let staff know that I will need a chair to play by email, using the BIIS Facebook page or text/phone. A sports chair will not be available if I do not let my coaches know that I plan to attend practices.
4) It is expected that high school age players should communicate with their coaches [not Parent/Guardian] to foster personal accountability and build interpersonal relationship skills [on all team related issues].
5) I will check and respond to emails promptly.
6) I commit to participate in at least one community awareness activity over the course of one season.
7) I commit to being part of two or more fundraisers in order to be eligible to receive additional BIIS funding to help offset travel expenses.

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8) I commit to attend practices to be eligible to receive additional BIIS funding to pay a percentage of my hotel expenses during travel trips.
   a) Attending 100% of my practices makes me eligible to receive 50% of hotel cost.
   b) Attending 80% of my practices makes me eligible to receive 30% of hotel cost.
   c) In order to be excused from practice, I must communicate with Fiona who will determine if my absence is acceptable.
9) I commit to keeping a good attitude, use encouraging words to teammates, and following the direction of my coaches. NO swearing or foul language is allowed.
10) I commit to being mindful of my personal hygiene [bathing, using deodorant and brushing my teeth].
11) I will behave appropriately with my teammate, club mates and opponents at practices and tournaments.
   a) I will not talk back to coaches, players or referees. If I choose to respond in an inappropriate manner, I can expect to forfeit playing time immediately.
   b) I will refrain from negative comments, behavior or body language. I understand that this behavior is destructive and will not be tolerated.
   c) I will give encouragement to my fellow teammates, while exemplifying and demonstrating good sportsmanship at all times.

ATHLETE [all ages]

I, _____, HAVE READ AND ASKED ANY QUESTIONS NEEDED TO CLARIFY ATHLETE COMMITMENT LETTER OF BRIDGE II SPORTS AND I AGREE TO FOLLOW THE EXPECTATIONS AND POLICIES.

Signature_____ Date _____

PARENT/GAURDIAN [REQUIRED for those responsible for children under the age of 18]

I, _____, HAVE READ AND ASKED ANY QUESTIONS NEEDED TO CLARIFY ATHLETE COMMITMENT LETTER OF BRIDGE II SPORTS AND I AGREE TO FOLLOW THE EXPECTATIONS AND POLICIES.

Signature_____ Date _____

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BRIDGE II SPORTS

Annual Scholarship Application

For reduced or waiver of monthly membership fees.

Athlete's Name:

_____

Family Member's Name (If athlete is younger than 18):

_____

Address:

_____

_____

Phone: _____

E-mail address: _____

Athlete's average monthly medical expenses: _____

How far will you have to travel to reach the practice venue: _____
Applying for: Partial Scholarship: ____
Full Scholarship: ____

To apply for any type of scholarship, we require that you complete the information below. It needs to be typed or printed legibility. The request will be reviewed and an answer will be given back within 1 month in writing. Please tell us:

Parents/Caregiver/LegalGuardian/Adult Athlete Response:

What the scholarship will mean to you as the adult, the value it will add to your home, child and community? Why did you choose to try adapted sports for your child? What do you hope will be the outcome? (Answer must be limited to 350 to 500 words.)

Child/Youth Participant AthleteResponse (Under 8 may draw a picture witha short explanation):
What do you hope to find in adapted sports? Why do you want to try adapted sports? If you have played, why do you want to continue to play adapted sports?