

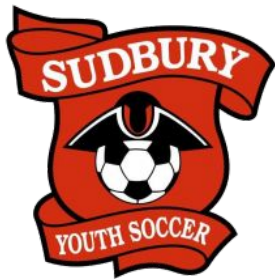


## **Sudbury Commission on Disability Meeting Packet**

### **Thursday, November 10, 2022**

There are five documents in this packet

1. PRESENTATIONTOPS\_Sudbury Foundation Grant
2. TOPSoccer Sudbury Foundation Grant
3. 40938\_Invoice-ASL Interpreting Unlearning Ableism - 101922
4. Invoice Together We Play yard signs
5. Visits to brds & comms D-Etiquette



# TOPSOCCER

**Presented by:**

Steve O'Keefe, President, Sudbury Youth Soccer

Ben Quinto, TOPSoccer Coordinator, Sudbury Youth Soccer

Karyn Jones, TOPSoccer Coordinator, Sudbury Youth Soccer

# Sudbury Youth Soccer Association



- The mission of the Sudbury Youth Soccer Association (SYSA) is to provide the opportunity and training for the youth of Sudbury, Massachusetts, to learn the game of soccer through the development of individual skill, fitness, teamwork, and fair play.
- Sudbury Youth Soccer provides opportunities to over 1,000 Sudbury youth players aged 3 to 19.
- Prior to Fall 2022 SYSA programs were inclusive of players with disabilities

# Adaptive Programs Go Beyond Inclusion



- **Inclusive sports** permit athletes with disabilities to compete with non-disabled athletes with no modifications to how the game is played or adaptive equipment.
- **Integrated sports** will have typically developing kids play alongside kids with disabilities. The game is not modified, but 1:1 aides are allowed on the field to assist youth with disabilities.
- **Adaptive sports** are recreational or competitive sports for people with disabilities. Adaptive sports allow for modifications to make the game more accessible as well as adaptive equipment.

# Adaptive Programs are Important to the Community

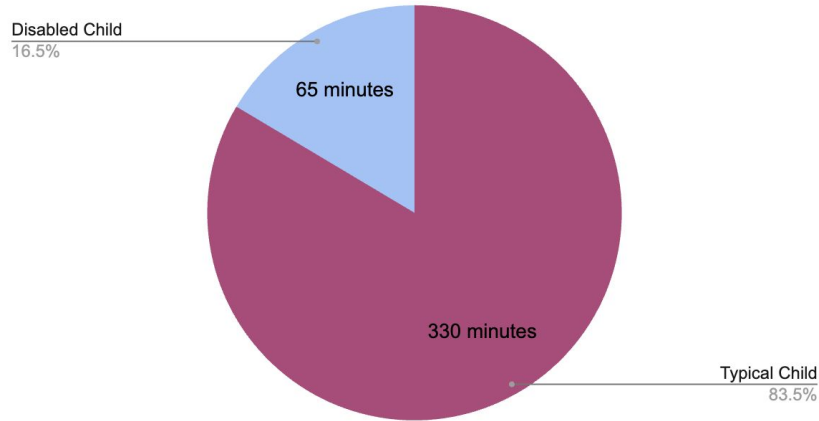


## Adaptive sports:

- Provide **social opportunities** and skills for participants
- Teach **teamwork** as players learn to trust someone else and rely on them through activities and games
- Encourage **perseverance** through encouraging players to encounter and overcome challenges
- Build **confidence** through success on the field that carries over to their lives off the field

# Access to Social Opportunities

The average amount of time an elementary school child spends in social and recreational activities with peers outside of school each week



MassGeneral Hospital for Children, 2021

- Friendships build a child's sense of belonging and significance in their world, make a child feel cared for and cared about, and in turn teach them how to care for others. Healthy friendships play a key role in a child's emotional growth and their development of important life skills.
- Department of Disability and Human Development recommend youths get 60 minutes of physical activity per day most days of the week, kids with disabilities aren't logging in near this level.



# Why Soccer?



- Team sport
  - Allows athletes to be part of a team
  - Same shirts as other Sudbury soccer programs
- Equipment for all different athlete needs
  - Sound balls for vision
  - Wheelchair
    - Bumpers
    - Larger weighted ball
- Surface accommodates a variety of mobility equipment
- It can be easily adapted for children who have limited gross and fine motor function of their arms and hands and visual impairments, while other sports like basketball cannot.

# What is TOPSoccer?



- TOPSoccer (The Outreach Program for Soccer) is a community based program from US Youth Soccer that is designed to meet the needs of children and young adults that have physical, visual, and/or intellectual disabilities.
- The program is geared towards player development rather than for competition.
- TOPSoccer includes:
  - Buddies - Each participant is assigned a trained, volunteer “buddy” who works with the player
  - A curriculum is adapted to players with special needs
  - Player groupings by ability not just age so they can develop at their pace



# Sudbury Steps Up



In Fall 2022 Sudbury Youth Soccer Coordinators started a TOPSoccer program

- Active roster includes:
  - 25 TOPS athletes
    - Estimate was 10-15!!!
    - Anticipate larger numbers in the future
  - 35 Buddies (Junior Coaches)
    - Crucial to the success of the program
  - 5 Adult Volunteers
- Success Stories
  - Parent was able to see 8th grade children participate in sports for the first time
  - Mother able to hand over care of child for first time and was able to relax
  - Buddy-Athlete bonds are a game changer

# Positive Impact – TOPS Sudbury



- Athletes get to experience a team sport
- Parents intermingle with other families that have had similar experiences
  - Get to relax and enjoy watching the athletes perform
- Buddies learn to work with adaptive athletes and form greater appreciation for people with different abilities
- There is a large population of athletes in the community that benefit from the program

*Everyone* benefits  
from adaptive  
programs

# Typical TOPSoccer Sudbury Session



- TOPSoccer Sudbury utilizes a dedicated format for its sessions
- Each athlete is assigned one or more buddies depending on their individual needs
- Emphasis is on skill building and participation
- Equipment plays a central role to the success of the activities



# TOPSoccer Sudbury 2022



- A GREAT start
- 3 stations:
  - Bowling pins
  - Obstacle Course Equipment
    - Agility ladder, stakes, hurdles
  - Small goals
- Other Equipment
  - Giant Parachute, adaptive balls, wheelchair bumper
- All players attend a single session, enhancing the camaraderies of being part of a team
- TOPSoccer is presently run at Cutting Field out of the back of a volunteer's 2003 pickup truck as there is no permanent storage for Sudbury Soccer like at Haskell Field



# TOPS Sudbury Program – Present Storage



# TOPSoccer Sudbury 2023 and Beyond



- New equipment will allow for additional stations to be added to the rotation enhancing the experience for the players
- More stations would increase the total number of athletes in the program
- Shed will allow for a permanent storage solution for the equipment
- Instructional videos will help with new athlete and buddy training
- Professional assistance to enhance the program
  - Coaching
  - Physical Therapy



# Thank You For Your Consideration.



## Sudbury Youth Soccer/TOPSoccer Sudbury Foundation Grant Proposal Draft, 10.01.2022

### **Describe your Organization\***

*Reminder: The Foundation makes grants to Sudbury-based nonprofit organizations, the Town of Sudbury (and, through the Town, its boards, commissions and departments), the Sudbury Public Schools (SPS) and Lincoln-Sudbury Regional High School (LSRHS). The Foundation will also consider applications from public and nonprofit organizations located outside of Sudbury for projects that substantially benefit Sudbury residents.*

Nonprofit Organization

Town of Sudbury department/committee (including SPS and LSRHS)

Sudbury Youth Soccer Association (SYSA) is a 501c3 nonprofit organization that provides the opportunity and training to children aged 3 to 18, living in Sudbury, Mass to learn the game of soccer through the development of individual skills, fitness, teamwork and fair play.

### **Project Name**

Expanding Adaptive Soccer Programming and Enrichment in Sudbury, Mass.

### **Project Description\***

*Please summarize the project in 2-3 sentences.*

Sudbury Youth Soccer Association (SYSA) piloted a TOPSoccer (The Outreach Program for Soccer) in the fall of 2022 with great success: 27 Sudbury athletes with physical, visual, behavioral, and/or intellectual disabilities, aged 4 to 16, 30 Lincoln-Sudbury high school volunteer “buddies”, and three parent-coach volunteers. SYSA hopes to expand and grow the program by purchasing additional equipment to challenge differently abled athletes and give more opportunities for social/emotional skill development, provide instructional materials and adaptive equipment necessary for athletes to be successful, and work with trained professionals to support high school buddy development in learning and recognizing the needs of our athletes.

**Check the funding category to which you are applying:\***  
**Youth Development and Opportunity**  
**Community Building/Town Betterment**  
**Underserved Populations**  
**Preserving Community Character - Historic Preservation**  
**Preserving Community Character - Environmental Preservation**

The Sudbury Program - Youth Development and Opportunity

**Project Amount Requested**

\$11,500

**Total Project Cost**

Sudbury Youth Soccer Association is committed to supporting TOPSoccer programming by paying the cost of fields as well as some initial equipment. For the fall and spring sessions, this will total \$2,400. We are asking for \$11,500 in funding to expand and provide more adaptive equipment and tools so more youth can participate in soccer.

**Provide a breakdown of estimated project costs.\***  
*Indicate which costs would be covered by this grant.*

	Price	Quantity	Total
<b>Program Instruction and Accommodations for Athletes</b>			
Hire speech and language pathologist to create social story for athletes starting TOPSoccer	\$150/hour	2	\$300
Hire occupational therapist to create individual visual schedules for athletes	\$150/hour	3	\$450
Pay for adaptive PE teacher to be at games for spring and fall seasons to develop programming	\$100/hour	6	\$600
<b>Athlete Equipment</b>			
TOPSoccer banner for Cutting Field	150	1	\$150
Soccer Balls	\$30	40	\$1,200

Lifetime Table (Adjustable Height)	\$80	1	\$80
Chairs	\$140	1	\$140
Storage Totes (27 gallon - pack of 4)	\$100	3	\$300
Pugg Multi-color Goals (6-pack)	\$395	2	\$790
5-Gallon Water Cooler	\$70	1	\$70
Jumbo Kick Croquet	\$40	1	\$40
Foot Golf	\$40	5	\$200
Rock, Paper, Scissors Dice	\$15	3	\$45
Dome Markers	\$110	1	\$110
Wheelchair Soccer Pad	\$55	3	\$165
Low Vision Soccer Ball	\$25	3	\$75
Soccer Ball Bag	\$50	2	\$100
Bowling Pins	\$65	3	\$195
Obstacle Course Equipment	\$45	2	\$90
Wheelchair Soccer Ball	\$85	2	\$170
Poles with stand	\$80	2	\$160
Speed Rings	\$35	2	\$70
Storage Shed	\$3,500	1	3,500
<b>Volunteer Junior Coach/Buddy Development</b>			
Training Video for Buddies	\$2,500	1	\$2,500
<b>TOTAL</b>			<b>\$11,500</b>

***Project Time Frame\****  
***Example: December 2022 to June 2023***

*~April 2023 to June 2024*

***Answer each question below clearly and concisely.***

***Please note that we tried to provide adequate space for you to answer each question fully. Do not feel like you have to use all of the space provided. If you need additional space to adequately answer any question, please send an email to Tricia at [brunner@sudburyfoundation.org](mailto:brunner@sudburyfoundation.org).***

***Describe the issue you hope to address through the proposed project.\* Include a brief history and context of the project and how it aligns with your strategic plan, if appropriate. If the project already exists, include past metrics. (5000 character limit)***

There is a lack of adaptive sports and recreational opportunities for youth with disabilities in Sudbury and surrounding towns. After a few parents inquired about adaptive soccer programming, SYSA's board of directors voted to pilot a TOPSoccer program -a US Soccer community based program designed to meet the needs of youth with physical, visual, and/or intellectual disabilities- this past May for a six-week fall session that would have a maximum of 25 athletes. After just a few days of marketing, we had a waitlist.

It is important for communities to offer numerous recreational activities geared towards youth with disabilities. Children with disabilities can demonstrate gains, increased flexibility, improved bone health, and better endurance and cardiovascular fitness when adaptive sports are easily available in their communities. Physical activity for children with movement disabilities is essential in maintaining mobility as they grow and develop. Adaptive sports improves self-esteem, social awareness, and self confidence that can empower a child with disabilities throughout their adolescence.

Children with disabilities are also at greater risk of being left out of social experiences that happen outside of school. While typical peers may spend time participating in activities like soccer, a child with a disability may not have access to similar experiences, making them feel less connected to their peers and unable to contribute to conversations that happen at school. It is for these reasons that every TOPSoccer athlete receives the same Sudbury soccer team jersey and medal that every other SYSA athlete receives. What may be taken for granted can be novel to a child with a disability. For example, upon receiving their Sudbury soccer team jersey, a TOPSoccer athlete exclaimed, "I have a shirt! Just like my sisters and friends! I'm a real soccer player. Look at this beautiful shirt!" This act of inclusion helps connect each child with their peers and larger community.

Similarly, families benefit from sitting on the sidelines watching their child/children play adaptive sports. For many families this fall, it was the first time they were able to just

relax and watch their child. They weren't on the field adapting the activities, transferring their child from wheelchair to gait trainer, or doing hand over hand so their child can participate in games on the field. Parents had the opportunity to meet other parents in the community and develop friendships. "This is a luxury that feels almost unnatural," said a mom of a TOPSoccer athlete. A sibling of one of the TOPSoccer athletes added, "I like coming to my brother's games. It feels safe playing with other kids who have siblings that play. I know no one is going to ask me questions about [my brother] like why his eyes move in different directions, why he walks differently, or why he wears a leg brace. I can just be me, not worry, and have fun."

This fall's TOPSoccer roster of 27 athletes are all residents of Sudbury, aged 4 to 13 years old, whose disabilities include, but are not limited to, cerebral palsy, spina bifida, low vision/blindness, autism, and down's syndrome. Athletes are able to work on pre-soccer skills and player development by having one or two Junior Coaches/Buddies assigned to them throughout the session. This allows for each athlete to progress at their own pace and be given drills based on their level of ability. Junior Coaches/Buddies are mostly Lincoln-Sudbury High School students who are athletes themselves and/or allies to people with disabilities. They develop a special and unique relationship as they work throughout the season with their assigned athlete. "I know my job is to coach soccer to the athletes, but I am learning so much more from them. I'm very grateful to be part of this," said one of the high school Junior Coaches.

SYSA plans to continue and grow the program after its successful first season by offering spring and fall seasons. However adapting soccer to athletes of all abilities requires investment - an investment the SYSA Board was happy to make. To grow the program in size and service to the athletes, we are seeking funding and support for one time costs associated in expanding the program and operating costs to increase and sustain the level of programming offered through TOPSoccer. Expanding the program allows us to include more athletes from Sudbury and possibly neighboring towns. This will allow us to group more athletes together based on ability level when scrimmaging. We hope to add additional stations on the field to allow for pre-soccer skills to be worked on like shifting weight to one leg to kick, working on visual-motor coordination, increase endurance and speed, etc. We also hope we can consult with expert therapists to create visual aids like social stories and visual schedules for athletes as well as consult with adaptives sports professionals to better the athlete's individual experience and learning.

*Describe the activities involved.\* (2,000 character limit)*



To improve upon coaching instruction and accommodations for athletes, we hope to hire New England Therapy Center in Sudbury to develop a social story so athletes can preview the TOPSoccer program prior to starting as well as make individual visual schedules for athletes who benefit from this accommodation.

We also hope to pay for an Adaptive PE instructor to provide guidance on activities we offer on the field to work on pre-soccer skills and player development. This will allow for more athletes to have access to individual instruction based upon their ability level. We will also work in creating a training video for high school buddies before they start by taping consenting athletes with the Adaptive PE instructor explaining the best way to adapt an activity and support the athlete based upon the athlete's level of ability.

Sustaining enhancements like these without having to transfer the financial burden to the families means that Sudbury will be delivering a top-flight adaptive soccer program for the community at a very reasonable cost to families.

The one time purchase of equipment will also be beneficial to players as we work to expand and grow the program. Equipment includes but is not limited to purchasing additional low vision/blindness soccer ball, balls with different weights/speeds, soccer ball for wheelchair players, obstacle course equipment, and games. A locked shed or storage container will also be purchased to remain on Cutting Field to help in getting equipment to the fields each practice without the use of volunteers' cars / trucks.

***Describe the population that will be served by this project. (500 character limit)***

SYSA's TOPSoccer program is a community based US Youth Soccer program that meets the needs of children, aged 3-22 with physical, visual, and/or intellectual disabilities. The program focuses on player development with adapted games and activities so athletes can learn at their own pace. A volunteer group of "Junior Coaches" serve as one-on-one buddies. Most Junior Coaches are Sudbury-Lincoln high school students who receive community service hours for their time.

***What is the estimated number of individuals that will be served by this project?\****

50 athletes and 50 volunteer buddies.

***What percentage of the population served by this project is based in Sudbury?\****  
***Best estimate.***

95%-100% are Sudbury residents.

***Provide a detailed timeline for the project.\****  
***Include milestones. (Ex: Dec 2022 - Meet with consultant, Jan 2023 - Hold first training, Jun 2022 - Present report to trustees). (1,000 character limit)***

March 2023 - New England Therapy Center in Sudbury will create social story and individual visual schedules to be used by TOPSoccer athletes who need this accommodation. Equipment will be purchased for spring season.

April 2023- Junior Coaches will receive training. Six-week spring season of TOPSoccer starts. Adaptive PE Coach will aid in developing programming for TOPSoccer athletes.

May 2023- We will film Adaptive PE Instructor working with three to four high school Junior Coach/Buddy and consenting athletes. This will allow us to create a volunteer training video for Junior Coaches/Buddies to use this fall.

June 2023 - Spring season concludes with trophies and a pizza party. Surveys sent to families of athletes and Junior Coaches to understand satisfaction of program and how we can improve the program.

August 2023 - Junior Coach/Buddy training video is complete.

September - Junior Coaches will receive training. Six-week fall season of TOPSoccer starts. Adaptive PE Coach will aid in developing programming for TOPSoccer athletes.

mid-October - Fall season concludes with trophies and pizza party. Surveys sent to families of athletes and Junior Coaches to understand the satisfaction of program and how we can improve program.

***What are the skills your team possesses to successfully complete this project? (1,000 character limit)***

SYSA has been providing youth soccer programming to Sudbury residents since 1973. The board of directors has vast knowledge and experience in starting and expanding new soccer programs within Sudbury. TOPSoccer is a community based US Youth Soccer program that meets the needs of children with physical, visual, and/or intellectual disabilities. Through the Massachusetts Youth Soccer Association, TOPSoccer has its own board of directors and volunteers that works to provide support and resources to town soccer organizations that adopt its programming. Furthermore, SYSA's TOPSoccer program has parent coaches who have children with disabilities. We also have an occupational therapist, physical therapist, and Adaptive PE teacher helping to ensure the program is successful for years to come.

***How will this project fit with your organizational goals?\****

SYSA provides opportunities and training for youth of Sudbury, Massachusetts to learn the game of soccer through the development of individual skill, fitness, teamwork and fair play. By investing in the initial start-up of a TOPSoccer program, SYSA will more quickly be able to provide quality adaptive soccer programming to youth in the community that have physical, visual, and/or intellectual disabilities to sustain and grow the fall pilot of TOPSoccer programming.

***If you work for the Town of Sudbury, how will this project fit with Town goals? (2,000 character limit)***

Not applicable.

***How will this project fit with the Sudbury Program funding categories?\****  
***Sudbury Foundation funding categories: Youth Development and Opportunity, Community Building/Town Betterment, Underserved Populations, and Preservation of Community Character and Assets (Historic Preservation and Environmental Preservation). (2,000 character limit)***

The project Expanding Adaptive Soccer Programming and Enrichment in Sudbury, Mass. fits within the guidelines of Sudbury Foundation's Youth Development and Opportunity funding category. By investing in SYSA's TOPSoccer program, the Sudbury Foundation will allow for the expansion of the program so more children with disabilities aged 3-22 have access to affordable adaptive recreational programming. This is critically important as there aren't any other adaptive sports programs offered in the area other than the Challengers League through Lincoln-Sudbury Baseball. Sudbury needs adaptive recreational sports programming since physical exercise is extremely

beneficial to youth who have disabilities and promotes healthy behaviors and lifestyle. Funding will also aid in developing a stronger Junior Coach volunteer program for Lincoln-Sudbury high school students. Lincoln-Sudbury students were extremely excited and interested in getting involved with TOPSoccer this fall. We had 33 volunteers, and we hope with an even stronger program, Junior Coaches will come back season after season to give back to the community.

***What are the anticipated outcomes of the project?\****

***Include how you plan to track, measure and/or report on them. (1,000 character limit)***

As a new program within SYSA, we hope to grow our fall pilot program of 27 athletes to 40 athletes and 33 Junior Coach volunteers to 45 Junior Coach volunteers next year for the 2024 fall season. We will be able to track progress through enrollment. We will also survey Junior Coaches and athlete families after each spring and fall season to better understand the satisfaction of program and how we may improve.

***How will the activity be sustained after grant funding has ended?\* (1,000 character limit)***

SYSA will continue to invest in the program by giving a below cost rate of \$25 per athlete per season to TOPSoccer athletes to ensure the program is accessible and affordable to anyone who wishes to participate. Registration fees, uniforms, field time, uniforms, trophies/medals, and basic equipment are provided and paid for by SYSA. SYSA may also do its own fundraising through corporate sponsorships to pay for team building and celebratory events like end of season pizza parties so we can foster and grow the camaraderie between athletes, families, and Junior Coaches/Buddies that will guarantee future success of the program.

***If you will be working with a consultant, did you get specific quotes or are you estimating costs?\****

***We received quote(s).***

***We are estimating costs.***

***Not applicable***

Not applicable.

*If you will be working with a consultant, have you selected a consultant?\**

*Yes*

*No*

*Not applicable*

Not applicable.



**Partners Interpreting**  
**11 Robert Toner Blvd.**  
**Suite 5,**  
**#316**  
**North Attleboro,**  
**MA 02763**

## Invoice

Invoice Date	Due Date	Invoice #
10/19/22	11/03/22	40938

Bill To
Sudbury Commission on Disabilities 348 Old Lancaster Road, Sudbury, MA 1776

Phone #	
EIN	27-1087356
E-mail	
Website	

Terms	
Net 15	PO #

Job	Description	Unit	Unit Price	Line Total
4625851	<b>Scheduled Interpretation:</b> 10/13/22 7:15 PM - 8:30 PM <b>Actual Interpretation:</b> 10/13/22 7:15 PM - 8:40 PM American Sign Language (ase), 3rd Party Video (Scheduled) Sudbury Commission on Disabilities 1:30 hrs / Evening Hours (5pm-12am) <b>Event Name:</b> Presentation for Community	1.5	\$135.00	\$202.50

SUB TOTAL SERVICES : \$202.50

SUB TOTAL FEES: \$0.00

SUB TOTAL EXPENSES: \$0.00

**TOTAL:** \$202.50





375 Worcester Road  
Framingham MA 01701  
(508) 879-3277 Fax: (508) 875-4232

**Invoice 106273**

**Date: 10/28/22**

**Britta Rieser**  
**Sudbury Cooperative Preschool**  
**26 Concord Road**  
**Sudbury MA 01776**

SHIP TO:

Sudbury Cooperative Preschool  
26 Concord Road  
Sudbury MA 01776

Acct.No	Ordered By	Phone	Fax	P.O. No	Prepared By	Sales Rep
647	Britta Rieser				David	
Quantity	Description					Price
15	<i>Thank you for the order.</i>					200.00
	<b>24x18 cora plast yard signs with stakes 1 Original (2 sides)</b> Misc Paper: Other 24x18 cora plast yard signs (1 Original) Front: Color Back: Color Printer: Digital Color Press					
Received by _____ Date _____						
Terms		Subtotal			Tax	Total
C.O.D.		200.00			12.50	212.50
					</	

**Pay from this invoice**



## **Visits to Boards and Committees ~ Disability Etiquette 2022**

We delivered the Disability Etiquette message composed at the October 6, 2022 to the following

1. Select Board
2. Transportation Committee
3. Sudbury SEPAC
4. Diversity, Equity, and Inclusion Commission
5. Council on Aging
6. Finance Committee
7. Capital Improvement Advisory Committee
8. Board of Health
9. L-S SEPAC
- 10.SPS School Committee
- 11.Community Preservation Committee
- 12.L-S School Committee
- 13.Design Review Board
- 14.Bruce Freeman Rail Trail Advisory Task Force
- 15.Conservation Commission
- 16.Park and Recreation Commission
- 17.Sudbury Housing Trust

There are 40 committees and boards listed on the Town website.