Spring Grove Area School District

Unified Strength and Conditioning Proposal

History of Spring Grove Unified Sports

Current Sports:

- Winter Season – Bocce
  - Started in 2023-24 School Year
  - Has had a full roster every year since inception
  - Qualified for Regional Tournament in 2024-25 School Year
- Spring Season – Track & Field
  - Started in 2021-22 School Year
  - Roster size has grown over the past 4 years (25, 26, 37, 39)
  - Qualified for the State Championship meet where they finished as State Runner-Up

Spring Grove Unified Sports

- Provides additional outlet for students to connect, engage, and belong to the school community for an underserved population
- Provides for a complete offering of Unified Sports at Spring Grove with one sport each season
- Provides a Unified offering that focuses specifically on fitness and life long skills/activities that can be continued beyond their time at Spring Grove

Unified Strength & Conditioning



Logistics

- Space
  - Practices will occur at Middle School weight room
    - This will allow for them to have an uninterrupted dedicated space in the fall.
  - Home events will occur at the High School gym
- Transportation
  - Athletes will travel to the Middle School after school via their dedicated van or a Wave 1 bus
  - Transportation to away events would occur from the High School

Logistics

- Coaching
  - Coach Landis and Coach Kenney would continue to run our Unified Program
  - Special Olympics provides a $1,500 stipend back to the school districts for Unified Strength and Conditioning Coaches.
- Uniforms
  - Provided by Special Olympics of PA
- Equipment
  - Most equipment is provided by Special Olympics:
    - 2 Stationary Bikes, mats for underneath stationary bikes, 4 Jump ropes, blocks for shuttle run
    - Other equipment needed is: Bench, bars, and weights. All of which already owned by the district.

Cost

- Coaching Salary
  - Unified Sports coach stipend is tied to the reimbursement from Special Olympics of PA in our current model
    - May change based on currently proposed updated Coaching Matrix
- Transportation
  - Will vary based on number of away competitions but will be approximately $200 a trip for the bus.
  - Specialty van transportation for wheelchair bound athletes may be needed.

Cost

- Anticipated Cost Breakdown
  - Home Event - $135 plus payroll taxes
  - Transportation - $1,050
    - $600 for 3 away matches for school bus
    - $450 for 3 away matches for specialty van transportation, if necessary
    - Post season – Transportation if they qualify
  - Coach Stipend - $1500 plus payroll taxes
    - Reimbursed $1,500 from Special Olympics
    - Post season pay if they qualify
- Per Special Olympics of PA regulations group would be required to fundraiser a total for $4,000 for adding a 3rd sport. Currently, contribute $2,000 for Bocce. First sport has no fundraising requirement.

Questions?

Thank you for your time and attention!