

CLINIC PLAYBOOK



**move
UNITED**
USA WHEELCHAIR
FOOTBALL LEAGUE

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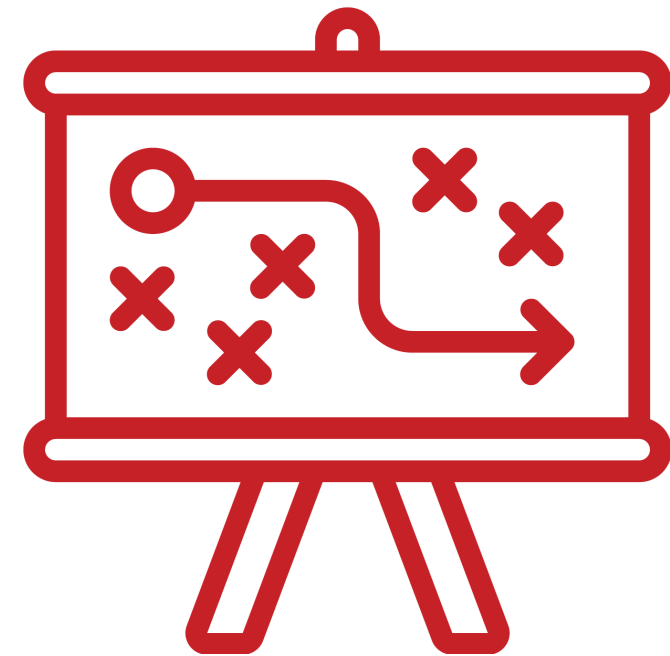
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PRE-GAME

DEFINE THE PURPOSE OF YOUR CLINIC



Before you can do anything, it's important to know the purpose of your clinic. Are you looking to introduce athletes of all ages to the sport? Are you trying to recruit for your team? Is this the second in a three-part skill building series?

A clinic's purpose will help decide which neighborhood you host it in, how many athletes you want to include, the ages of those athletes, what drills you want to run, and so much more. This will also help you define your day-of talking points and marketing pieces.

Be specific in your purpose, and ensure that every other decision you make as you go through the planning process leads back to that goal.

CREATING YOUR BUDGET



A clinic budget will vary depending on how many athletes you’re serving, whether you need to pay coaches, or if you have all of the equipment you need versus having to purchase chairs, footballs, etc. The chart on the next page provides some key line items you will want to consider when budgeting for your clinic.

EXPENSES



Venue Rental _____	Sports Supplies:
Coaching/Clinician Fees _____	Footballs _____
Helmets ** _____	Cones _____
Water/Snacks _____	Floor Tape _____
Giveaways _____	Whistles _____
Insurance _____	Clipboards _____
_____	_____
_____	_____

Note, if you are only running non-contact drills, such as any of the drills in this playbook, you do NOT need to require helmets. If you plan to host a scrimmage/game play, helmets would be required



INCOMES

Clinic Fees _____	Sponsors _____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

FINDING YOUR VENUE

There are many options for venues in your community. The main requirement is that you have a flat, smooth ‘field’ surface, such as an outdoor parking lot or an indoor sports court, and a ceiling height with a minimum of 30 feet so that athletes can properly throw a football.

Don’t feel like you need to find a full-sized field. Consider the diagrams within the Field Layouts section of this playbook to help guide your decisions. The drills that you decide to run, and the number of athletes you plan to include will ultimately be the guide for how much space you need.

If you have a smaller space, but a more homogenous athlete group in terms of ages and ability, you can consider having fewer staging areas with larger groups running through the drills and then changing the drills in the same space versus rotating athletes amongst areas.

In addition to ADA accessibility, make sure that you consider accessibility in terms of neighborhoods when choosing a venue. When looking to incorporate athletes from a diverse population, it is important to meet athletes where they are. Many families and athletes rely on public transportation or don’t have time to travel from their home to a suburban neighborhood or from rural towns to the closest big city. As we look to get more athletes involved in football, being thoughtful in where we host clinics will help ensure the largest population can get involved.



MARKETING 101

Marketing Toolkit:

To help with marketing, we've created a marketing toolkit for you to utilize to promote your clinics. You'll find the files that you can open in InDesign software and edit from there, or you can drop the .jpg versions into a free design software, such as Canva to add in your clinic date, time, location and registration link.

Included in the toolkit is:

Sample Flyer

Sample Social Media Text & Graphics

Sample Email Text

5 USAWFL-Approved Photos

If using your own photos, ensure that athletes are wearing proper equipment such as helmets and think about diversity in terms of athlete background, disability, etc., and

You can find those at usawfl.org by clicking on Resources. You can also see those templates on the next three pages.

Flyer Example #1



**Get off the sidelines and
GET IN THE GAME!**

We're hosting a USA Wheelchair Football League learn-to-play clinic on
DATE at TIME.

To register, visit: www.signup.com
[Insert information on cost, equipment participant needs]to bring, and more]

MOVE UNITED
USA WHEELCHAIR FOOTBALL LEAGUE

 **SALUTE TO SERVICE**
GRANT RECIPIENT

 **BOB WOODRUFF FOUNDATION**

Flyer Example #2



Get off the sidelines and
GET IN THE GAME!

We're hosting a USA Wheelchair Football
League learn-to-play clinic on
DATE at TIME.

To register, visit: www.signup.com
[Insert information on cost,
equipment participant needs]to bring, and more]



SALUTE TO SERVICE
GRANT RECIPIENT



Social Media Posts



Get off the sidelines and
GET IN THE GAME!

We're hosting a USA
Wheelchair Football League
learn-to-play clinic on
DATE at TIME.



Get off the sidelines and
GET IN THE GAME!

We're hosting a USA Wheelchair Football League learn-to-play clinic on
DATE at TIME.



REGISTRATION 101

☒☐☐☐

Make sure that you collect registration information, either in advance or on the day of the clinic.

Key information to collect includes:

- Contact Information
- Emergency Contact Information
- Does the Athlete meet the Essential Eligibility Criteria to Participate?

Essential Eligibility Criteria

Athlete Must

- Be able to breathe without mechanical assistance
- Not require head, neck or back bracing
- Be able to manage personal care independently or with the help of a companion
- Must be able to follow instructions from officials and effectively communicate independently or with the help of a coach or companion
- Must able to stay alert and engaged for the length of a drill
- Must be able to wear a standard football helmet**
 - **Only if running full contact drills

Collecting Key Disability Information

- You do not need to collect a full medical history. Instead, consider asking only about items that would affect clinic instruction such as whether the athlete is a full-time chair user, whether they can push and maneuver their own wheelchair, whether they have difficulty gripping or throwing football-sized objects, if they have any vision or hearing loss, etc.
- An athlete still might not be comfortable providing details, or may inadvertently leave off key information. The best way to learn about any athlete is to speak to them and get to know them.

Reported Football Skill Level

Remember that anyone's self-reported skill level may not match what you would expect. For example, an athlete may select an intermediate skill level, but be referencing play pre-injury. Be prepared to adjust teaching needs on-site, or consider doing on-site assessments to help split athletes into groups more accurately.

ABOUT MOVE UNITED AND THE USA WHEELCHAIR FOOTBALL LEAGUE

Participants may also be interested in learning more about Move United and the USA Wheelchair Football League. Here are some talking points about both to help you answer questions and craft your messaging.

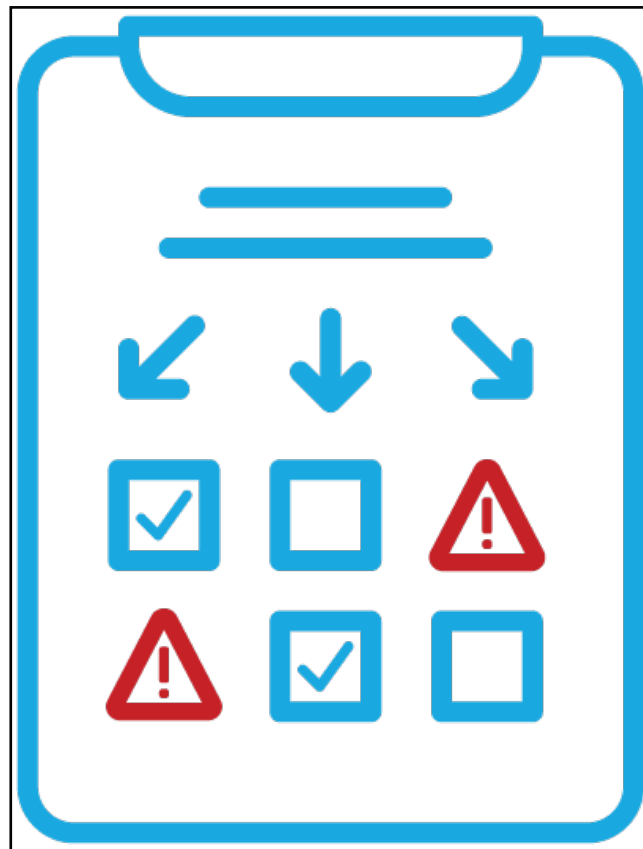
About Move United:

- Largest community-based adaptive sports organization in the U.S. offering more than 50 adaptive sports to 100,000 youth and adults with disabilities, building a community where everyone's included.
- With more than 200 organizations in the nation-wide network, we ensure that no one sits on the sidelines.
- We believe that Sports Make Us More, using the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included.
- Join the movement at www.moveunitedsport.org.

About the USA Wheelchair Football League:

- First of its kind wheelchair football league for adults with physical disabilities pushing the boundaries of what's possible in a competitive team setting, allowing athletes to reach their highest potential.
- Athletes can build skills like perseverance, teamwork, goal setting and fitness.
- Launched in 2020 by Move United in partnership with the Bob Woodruff Foundation/NFL Salute to Service Program.
- Get off the sidelines and get in the game at www.usawfl.org.

RISK MANAGEMENT



Insurance & Liability Management

Check with your venue and organization to ensure you're following all insurance-related protocols. Most venues will require you to hold a minimum of level of insurance that covers general liability in case of an incident.

Safety Protocol

Work with your venue to understand their safety protocols and whether they have an emergency action plan you can adopt, or if you'll need to create your own. **A proper emergency action plan should ensure the following:**

- ☐ Participant emergency contact information is collected and available to key staff
- ☐ All volunteers/staff know where first aid kits and AED are located
- ☐ All volunteers/staff know what number to call in case of emergency
- ☐ All volunteers/staff know who is the primary clinic contact to administer minor first aid care or monitor participant while waiting for emergency personnel
- ☐ All volunteers/staff know how to direct emergency personnel to the facility if needed
- ☐ All volunteers/staff know if there are any cell phone dead spots at the venue
- ☐ Proper documentation protocols are followed for even minor first aid care
- ☐ Proper follow up is provided to any participant needing care
- ☐ Move United recommends putting this information into written or electronic form that every key volunteer or staff person has easy access to throughout the clinic.

AGENDAS



Planning the Day

This section includes sample agendas for various clinic lengths. Note, for every clinic schedule we've built in a 20 minute registration period, so each clinic total time will be 20 minutes longer than the planned time with athletes. Registration will likely take longer than 20 minutes, but this makes sure you've built in that intro and equipment fitting time. Adjust these schedules based on how much you want to accomplish or how long you have access to your venue.

Whether you use these schedules or not, make sure to leave time for registration, intros, instructions, equipment fitting, water breaks, and any other non-football items that will happen during the clinic.

GAME DAY

1 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.
0	:20	:20	Registration, Group Assignment and Equipment Fittings			
1	:05	:25	Full Group	Dynamic Warm Up		
2	:05	:35	Full Group	Physical Literacy		
3	:10	:45	Water Break & Split Into Small Groups			
4	:10	:55	Small Group	Football Drill		
5	:10	1:05	Small Group	Football Drill		
6	:05	1:10	Water Break			
7	:10	1:20	Full Group	Game		

2 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.
0	:20	:20	Registration, Group Assignment and Equipment Fittings			
1	:05	:25	Full Group	Dynamic Warm Up		
2	:05	:35	Full Group	Dynamic Warm Up		
3	:10	:45	Water Break & Split Into Small Groups			
4	:10	:55	Small Group	Physical Literacy		
5	:10	1:05	Small Group	Football Drill		
6	:10	1:15	Small Group	Physical Literacy		
7	:05	1:20	Water Break			
8	:10	1:30	Small Group	Football Drill		
9	:10	1:40	Small Group	Physical Literacy		
10	:15	1:55	Small Group	Football Drill		
11	:05	2:00	Water Break			
12	:15	2:15	Full Group	Game		
13	:05	2:20	Full Group	Cool Down		

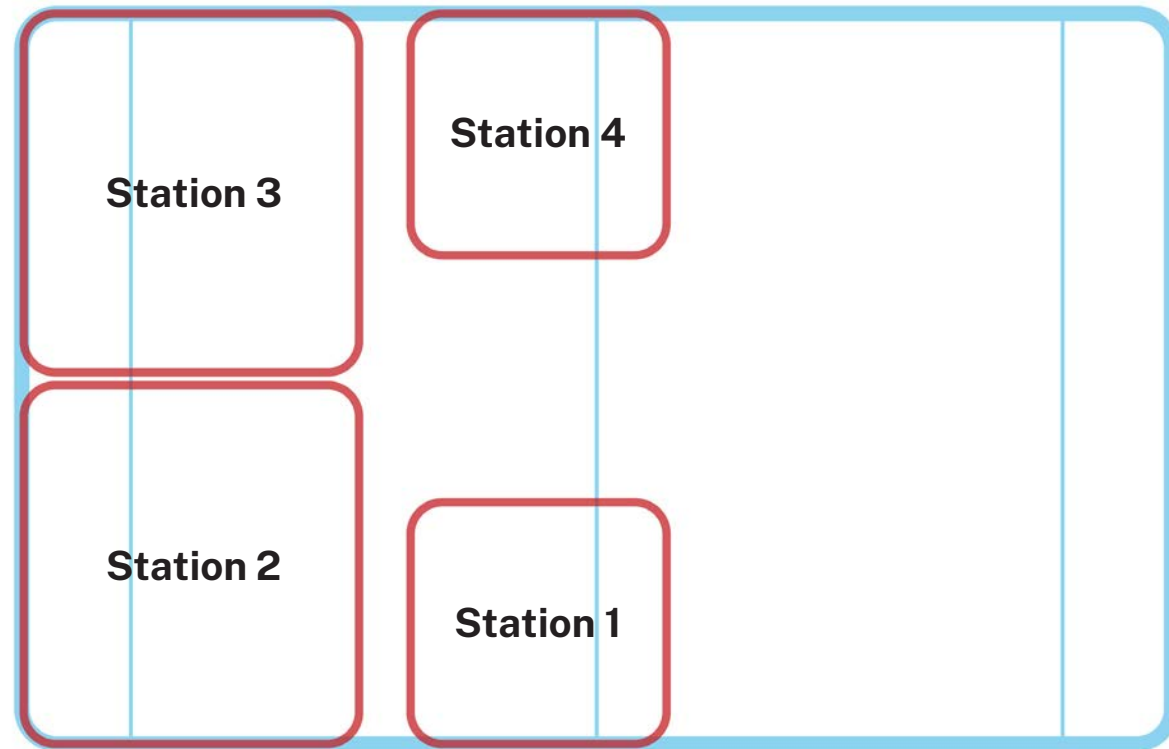
3 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.
0	:20	:20	Registration, Group Assignment and Equipment Fittings			
1	:05	:25	Full Group	Dynamic Warm Up		
2	:10	:35	Full Group	Physical Literacy		
3	:05	:40	Full Group	Dynamic Warm Up		
4	:10	:50	Water Break & Split Into Small Groups			
5	:10	1:00	Small Group	Physical Literacy		
6	:10	1:10	Small Group	Physical Literacy		
7	:10	1:20	Small Group	Game		
8	:05	1:25	Water Break			
9	:10	1:35	Small Group	Football Drill		
10	:10	1:45	Small Group	Football Drill		
11	:10	1:55	Small Group	Game		
12	:05	2:00	Water Break			
13	:10	2:10	Small Group	Physical Literacy		
14	:10	2:20	Small Group	Football Drill		
15	:15	2:35	Small Group	Game		
16	:05	2:40	Water Break			
17	:15	2:55	Full Group	Game		
18	:15	3:10	Full Group	Game		
19	:10	3:20	Full Group	Cool Down		

Sample Layout 1

4 Station Layout - Small Camp

Best for medium sized groups.



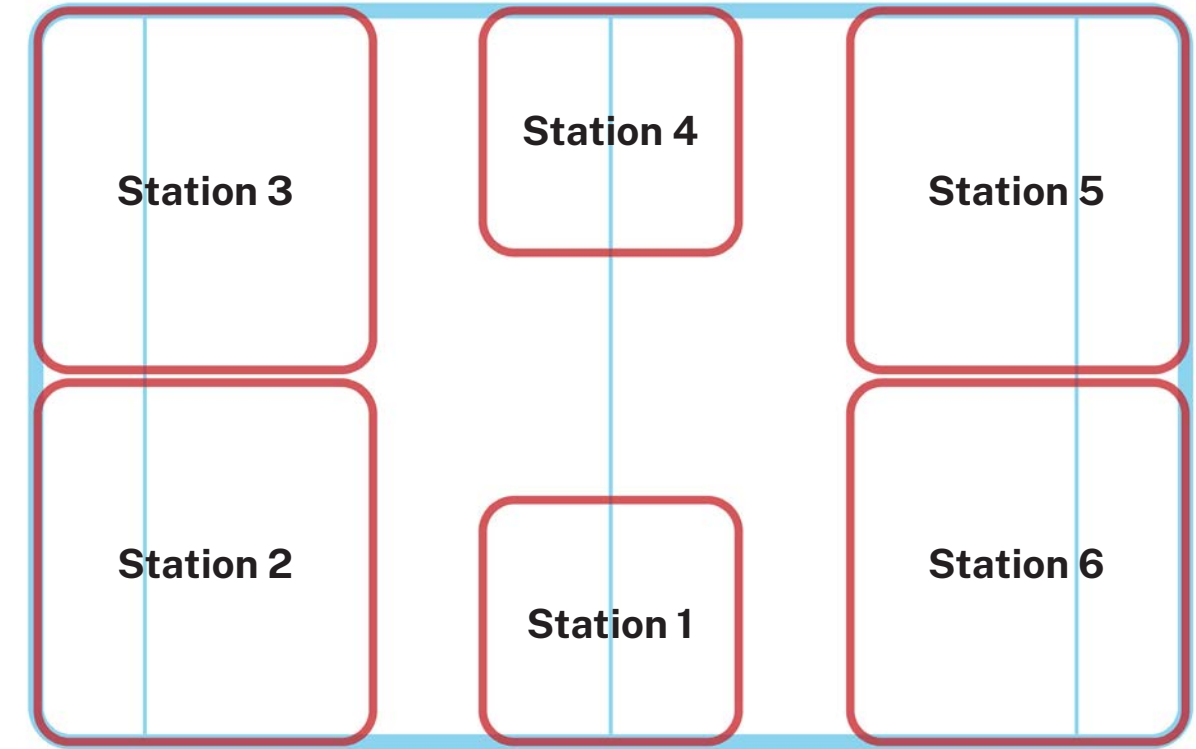
Lines drawn indicate standard football field end zones and midfield lines.

- Ensure there remains enough space to run the drills and have participants in wheelchairs lined up as they are waiting their turn to run through the drills at each station.
- Do your best to break down participants across age groups or skill levels, whatever is most appropriate so that groups are fairly homogenous with the skills they can complete.
- Rotate clockwise.
- Games with focus on ALL Participant are best done by dividing the group into halves or quarters, and continue to separate by age or skill level as needed.

Sample Layout 2

6 Station Layout

Best for medium sized groups.



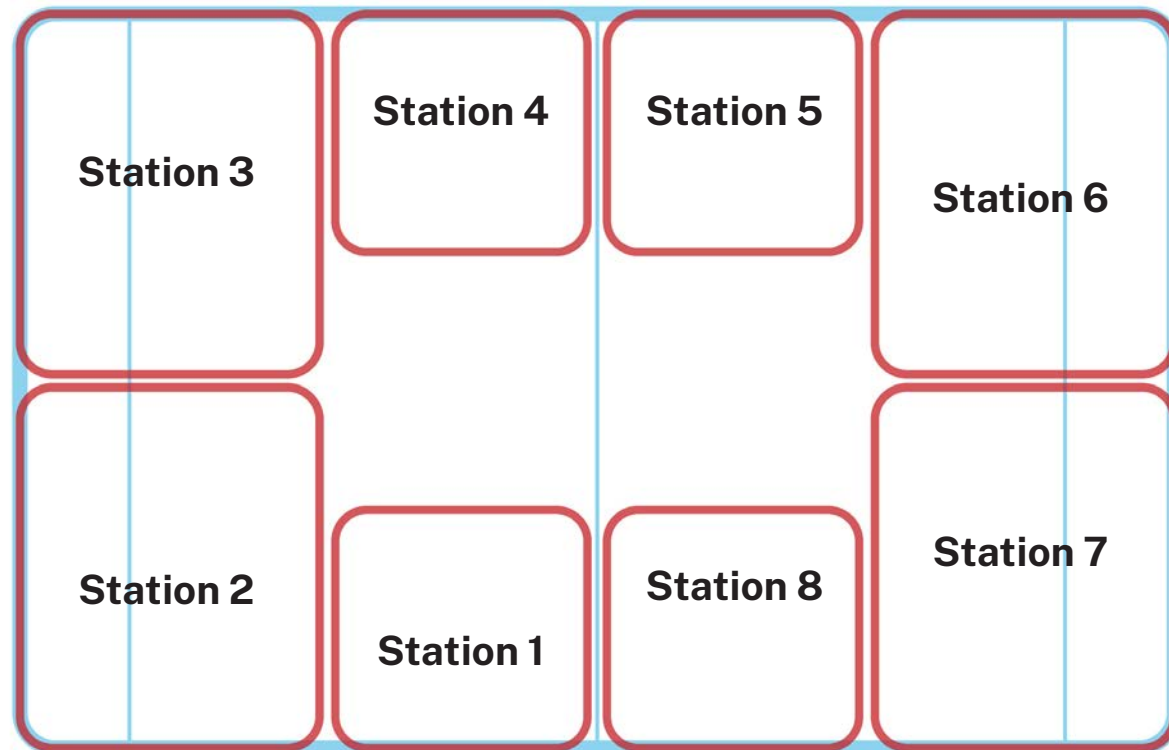
Lines drawn indicate standard football field end zones and midfield lines.

- Ensure there remains enough space to run the drills and have participants in wheelchairs lined up as they are waiting their turn to run through the drills at each station.
- Do your best to break down participants across age groups or skill levels, whatever is most appropriate so that groups are fairly homogenous with the skills they can complete.
- Rotate clockwise.
- Games with focus on ALL Participant are best done by dividing the group into halves or quarters, and continue to separate by age or skill level as needed.

Sample Layout 3

8 Station Layout

Best for very large groups and clinics with a minimum of 16 staff/volunteers.



Lines drawn indicate standard football field end zones and midfield lines.

- Ensure there remains enough space to run the drills and have participants in wheelchairs lined up as they are waiting their turn to run through the drills at each station.
- Do your best to break down participants across age groups or skill levels, whatever is most appropriate so that groups are fairly homogenous with the skills they can complete.
- Rotate clockwise
- Games with focus on ALL Participant are best done by dividing the group into halves or quarters, and continue to separate by age or skill level as needed.

SET UP



Know which drill(s) will be within which staging areas, and provide a photo/drawn layout of how it should be set up, along with a written description of the drill(s) to run in that area and clinic agenda the staff or volunteer in charge of each area. For ease, you can simply copy the corresponding pages of this playbook for each drill, game or warmup.

Encourage the person in charge of each staging area to set up their own drill area, and practice running through the drill(s) they're leading by providing instructions to another volunteer who will act as the athlete. This will ensure the area is set up properly, instructions are clear to all involved, and help identify any potential pain points prior to participant arrival.

Make sure to give yourself more time than you think you'll need for set up. We recommend a minimum of one hour, depending on how many staging areas need setting up, and how much on-site volunteer training you plan to provide.

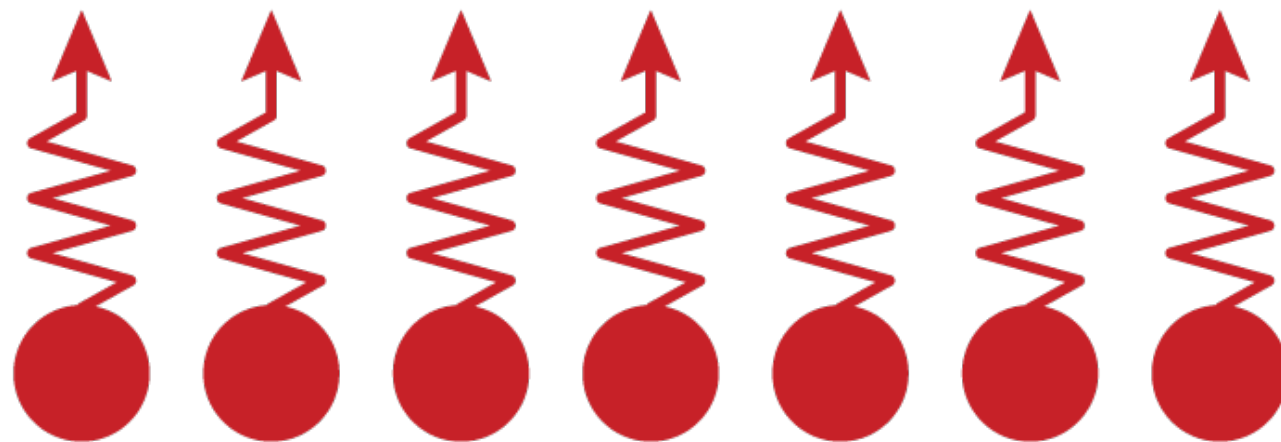
WARM UP/ PHYSICAL LITERACY

WARM UP/ PHYSICAL LITERACY

Stance Start and Go

Purpose: Focus on the First PUSH

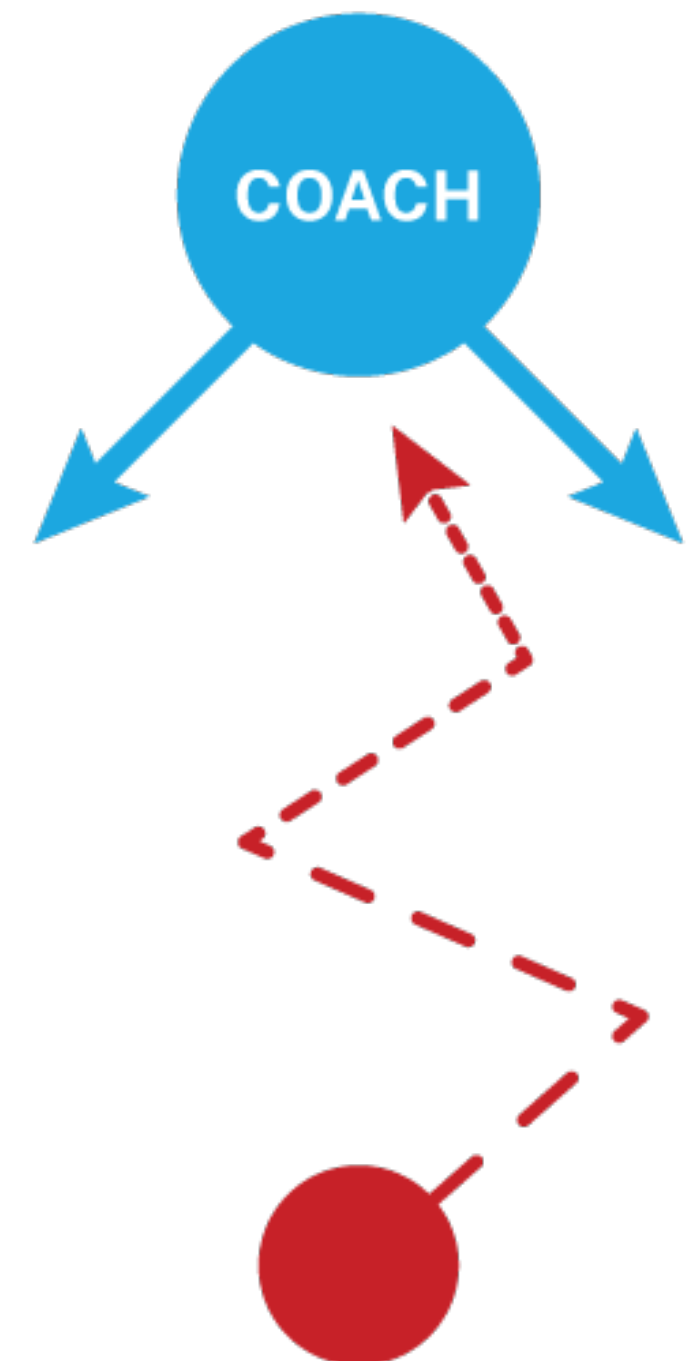
Players will align in a ready position. On the coach's "GO," the receiver will explode "off the ball" moving for 10 yards.



Gear Runs to Change Direction

Purpose: Wheelchair agility development

Change speeds of moving based on what the coach calls out. Progress from slowest to fastest (1st gear 25% speed, 2nd gear 50% speed, 3rd gear 75% speed, and 4th gear 100% speed). During the movement phase of the wheeling, the coach designates a new direction of movement verbally or with a pointing motion. Athletes continue their wheeling or movement skill in the newly designated direction.



WARM UP/ PHYSICAL LITERACY



Self-Catch

Purpose: To develop receiving skills individually

Toss or throw an appropriately sized ball (football, tennis ball, racket ball, foam ball, etc.) in the air to oneself and secure the catch.

SKILLS & DRILLS

Partner and Throw

Purpose: Passing drill to break down the KPI's in a controlled manner.

Partners get 10 yards apart or an appropriate distance for the skill level group. Partner 1 grips and holds the football in both hands, assumes a face to face position, facing the target with their non-throwing shoulder.

Raise the ball to ear level, follow-through upon releasing the ball to Partner two. Once receiving the ball, Partner 2 performs the same steps and throws will explode "off the ball" moving for 10 yards.

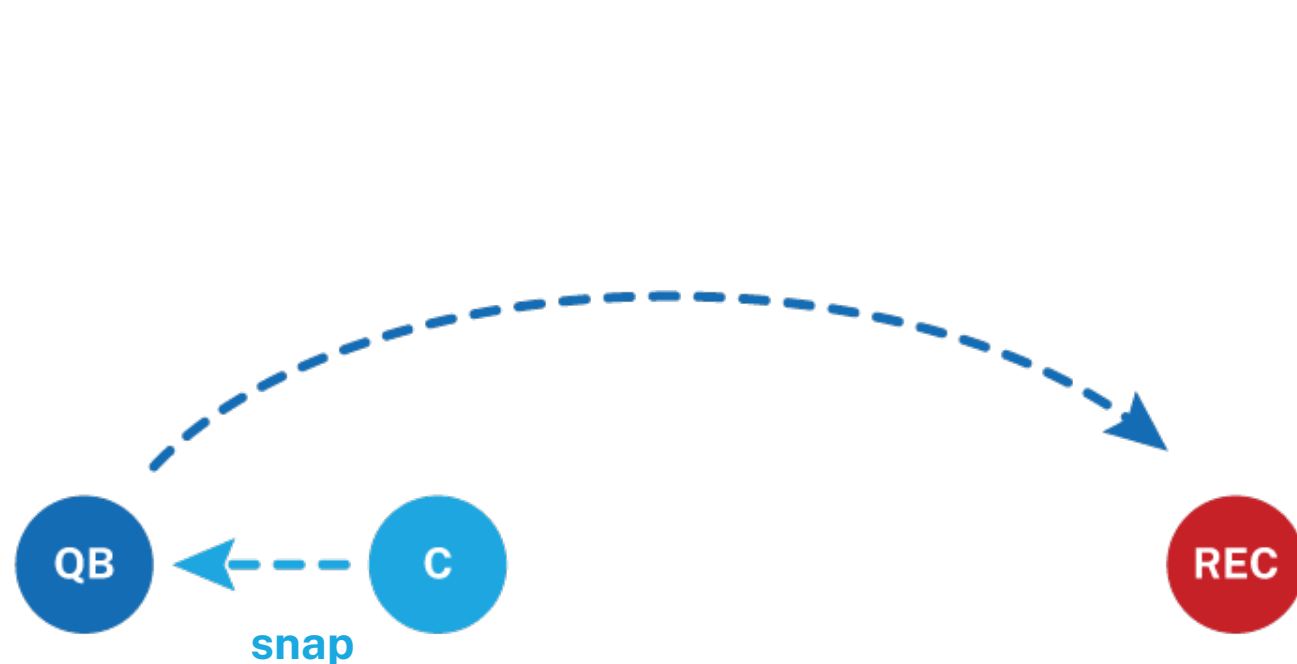


SKILLS & DRILLS

Snap - Catch - Throw

Purpose: Passing drill to break down the KPI's in a controlled manner by adding the center snap to the QB

Receive a shotgun snap from a partner and bring the football to a ready position at the sternum. As player throws the ball, make sure they feel their weight transfer from the throwing side of the body to the opposite side of the body

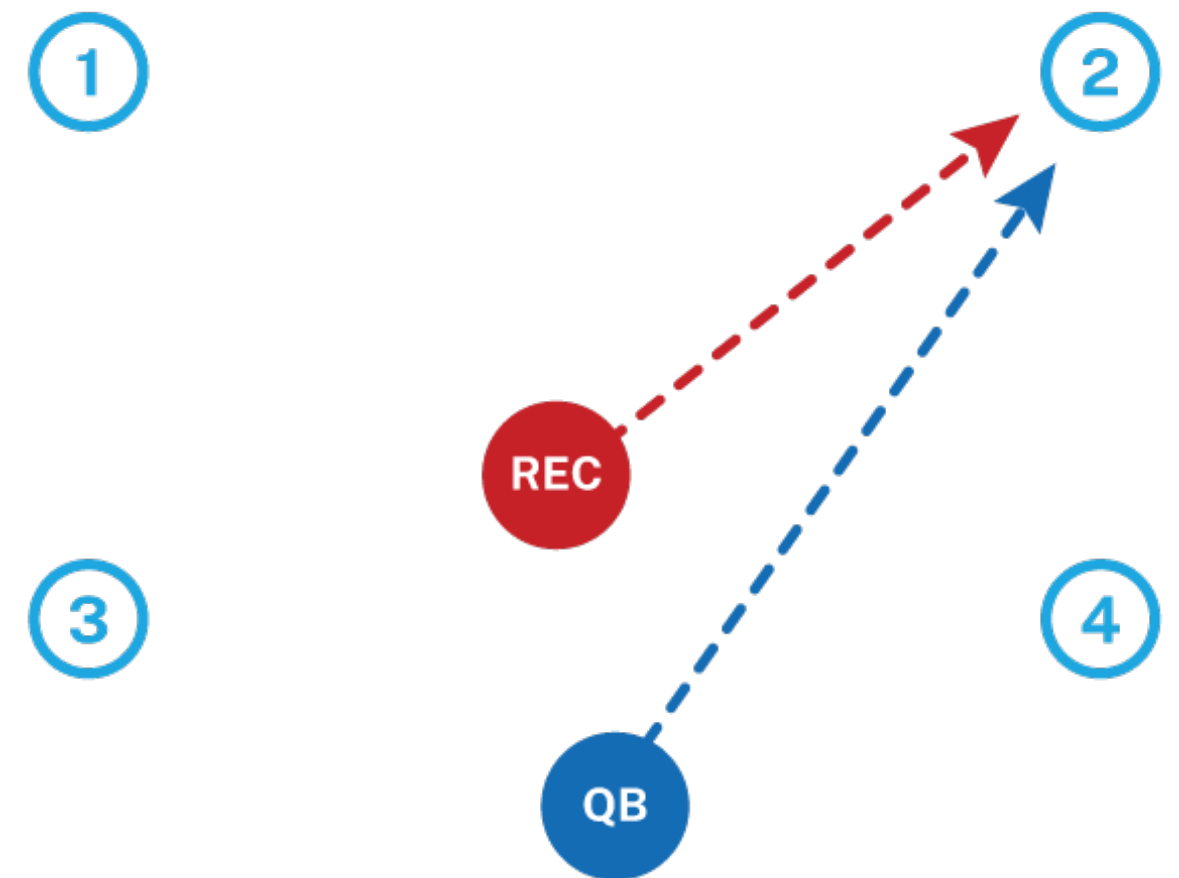


SKILLS & DRILLS

4 Cone Position Throws

Purpose: Developing receiving skills and chair movements specific to the receiving position.

Set cones in a square, 5 or 10 yards to a side. One player is in the center of the square and moves to a designated cone as called by the coach and throws a pass downfield.

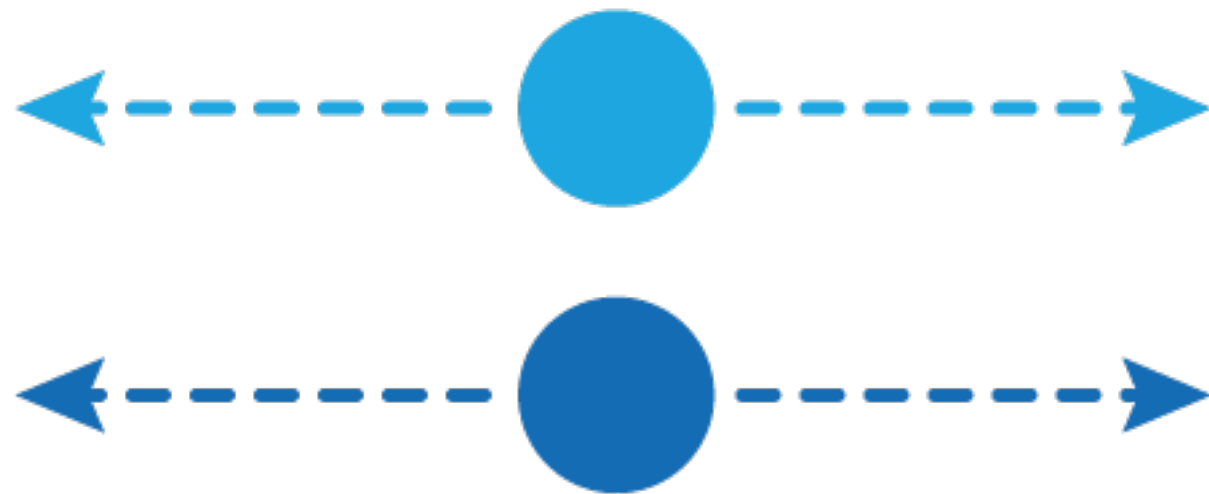


SKILLS & DRILLS

Mirror Drill

Purpose: Developing wheelchair agility movement

Have a student line up 5 yards apart from a partner or coach. With both holding a football, mirror each others movements starting with the coach leading the movement.



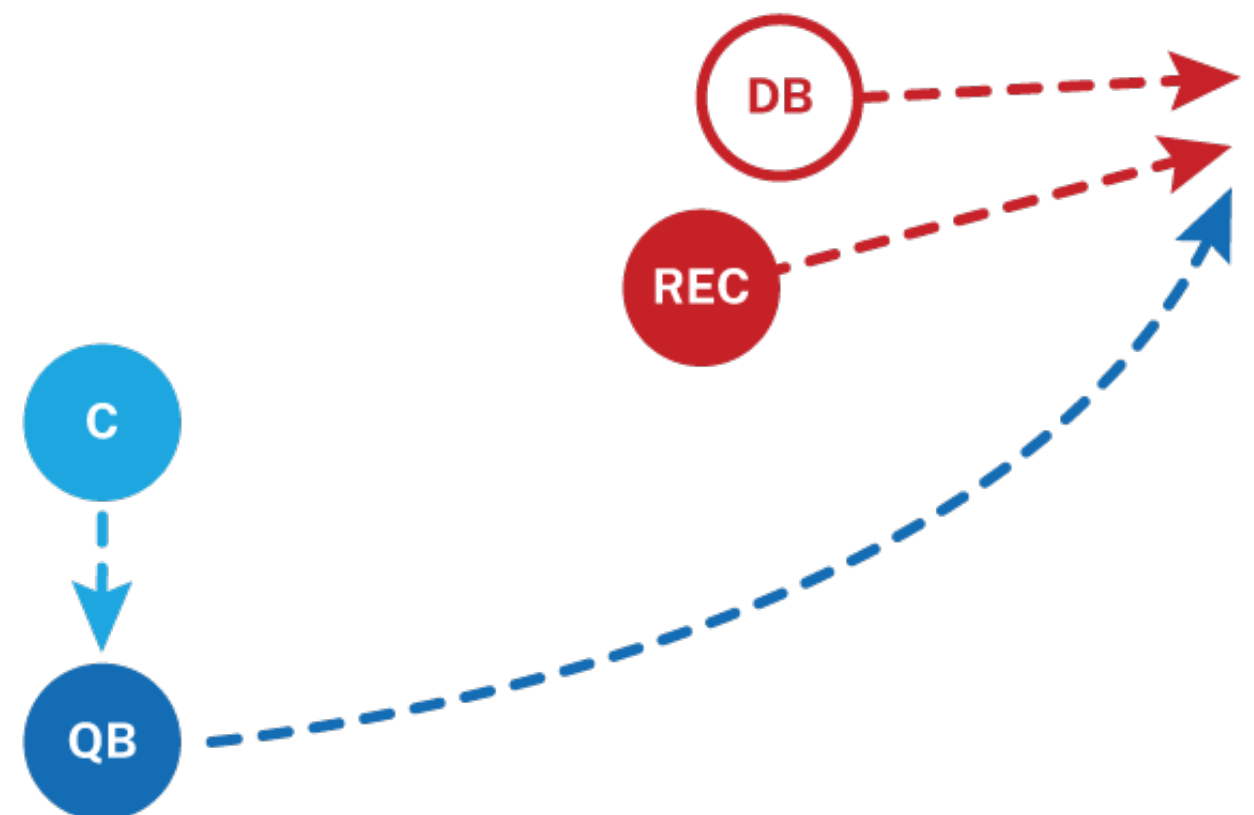
SKILLS & DRILLS

Contested Receiver Drill

Purpose: Multipurpose drill working QB, Receiving, and Defensive Backs skills

Start a receiver on the line of scrimmage opposite a single defender. Before the snap, the coach tells both the receiver and defender what route the receiver will be doing.

On the coach's command, the quarterback delivers the pass to a spot where only the receiver has a chance to catch it. The defender can intercept the route but cannot commit pass interference.

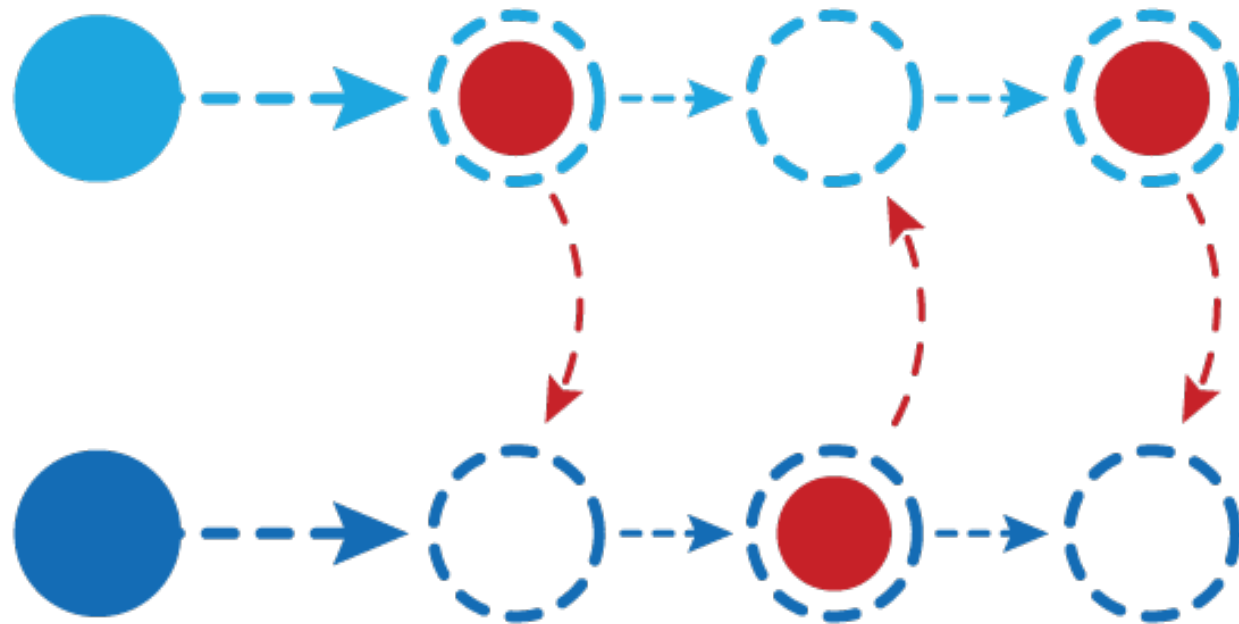


SKILLS & DRILLS

Lateral Partner Throws

Purpose: To develop a mobile QB who can move and throw when rushed by the defense.

Facing a partner at 5-10 yards away, both partners move forward in tandem, remaining parallel to each other while throwing the ball back and forth. Focus on turning the shoulders to complete the throw.

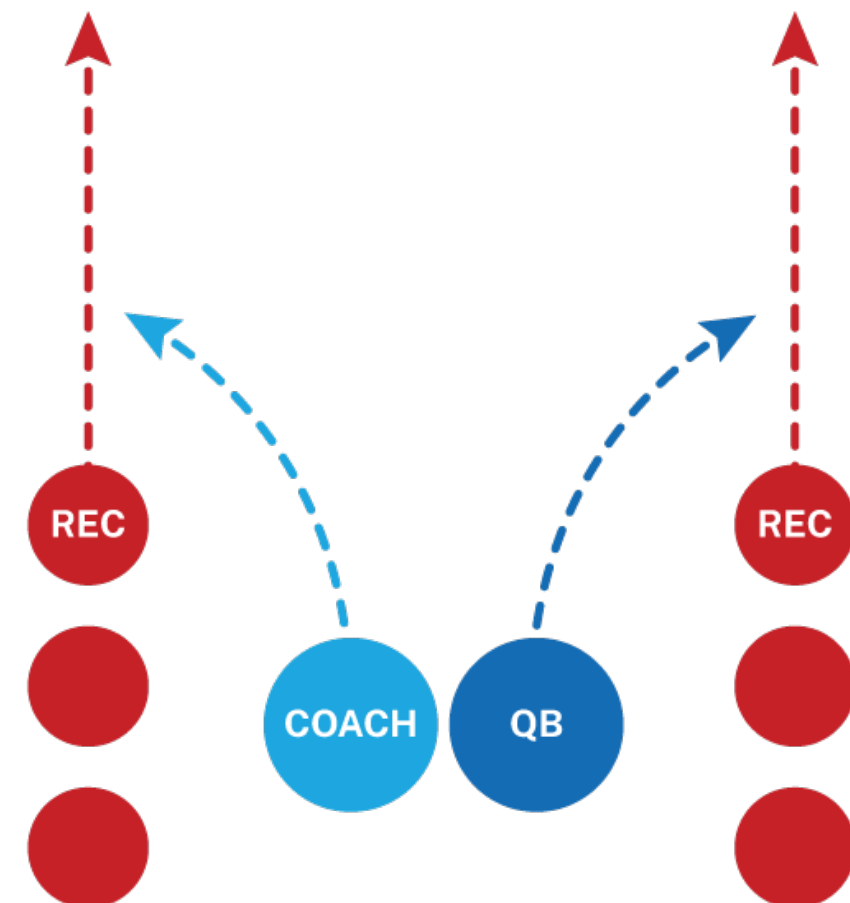


SKILLS & DRILLS

Acceleration Drills

Purpose: To develop the complete receiver focusing on a complex skill of receiving the ball over the head.

Players line up in a single-file line next to the coach/QB. On coach's "GO," a receiver will wheel forward in a straight line. The coach/QB will throw the ball over the player's head, forcing them to accelerate and track the ball in order to complete the catch. Passes should be thrown on the player's second yard out and caught around six yards.

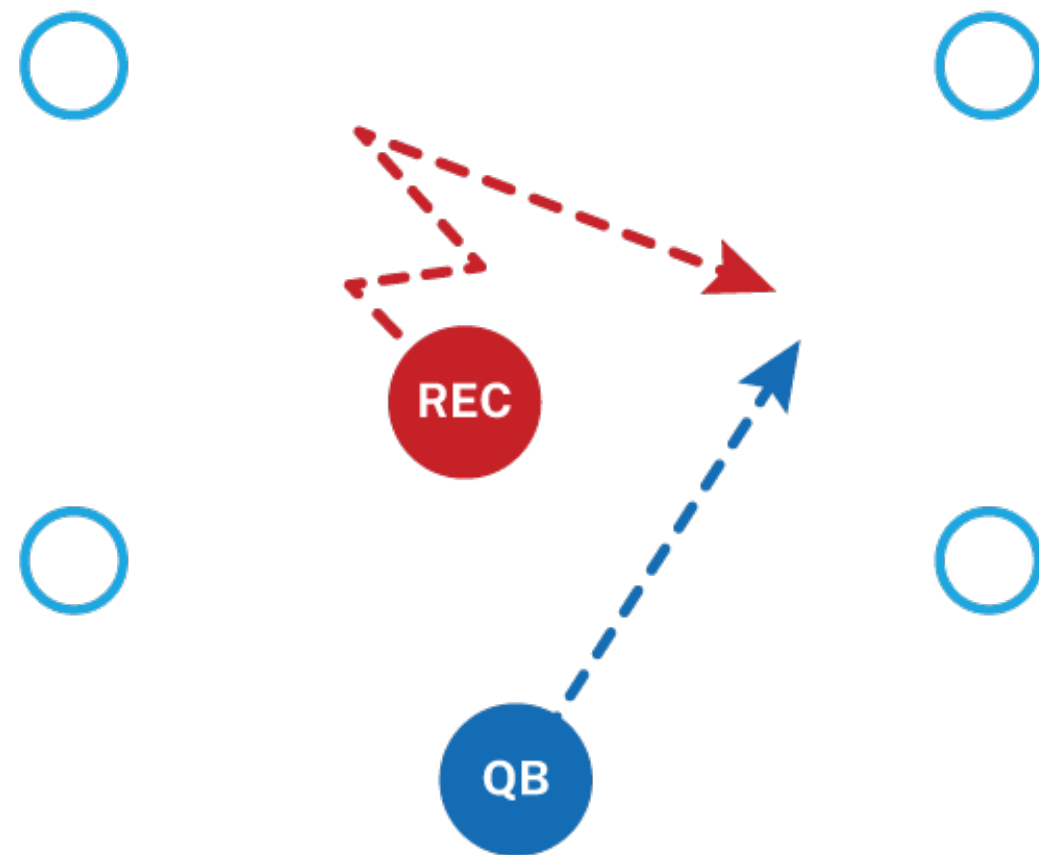


SKILLS & DRILLS

Multi Directional Start and Go

Purpose: Developing wheelchair acceleration mechanics.

Create a square space with cones (10 yards long and 5 yards wide). Have one player enter the space at a time, and on the coach's command, allow the player to move freely. After five seconds, the coach/QB can throw the ball anywhere within that designated area, forcing the player to adjust, accelerate or decelerate to catch the ball.



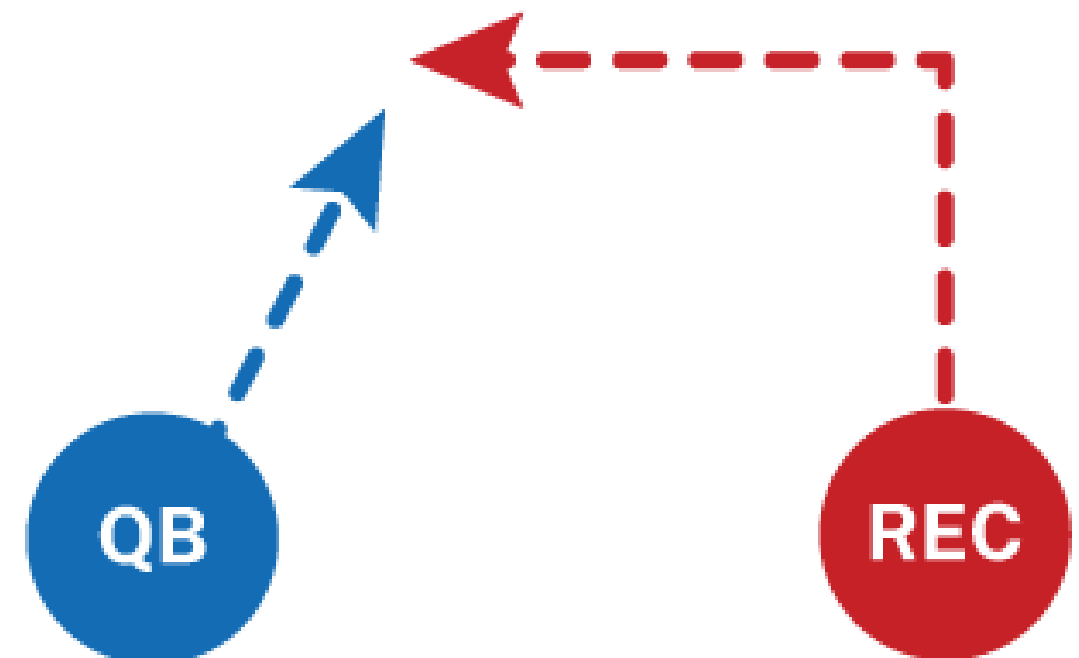
(After 5 seconds)

SKILLS & DRILLS

Receiving Routes and Catch / Routes Moving - Working with Passers

Purpose: Improve the passing game with all stakeholders while learning the passing routes.

Working with passers, the coach will specify which routes the receivers will be running. Coaches are encouraged to use routes from their playbook or that are developmentally appropriate.

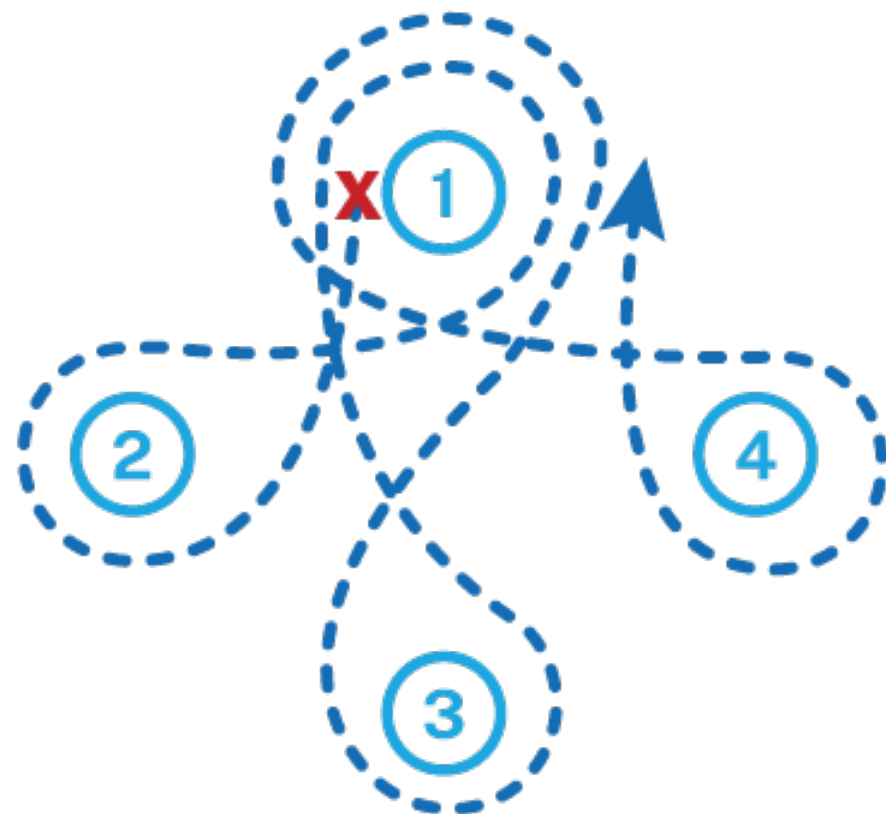


SKILLS & DRILLS

Diamond and Agility Drill

Purpose: Wheelchair movement agility development.

Place four cones 5 yards apart in a diamond shape. Assume a ready position with chair on the right side of cone 1. Move to the left side of the cone 2. Quickly move your chair around the cone and burst to the left side of cone 1, making a figure 8. Quickly move your chair around cone 1 and move quickly to the opposite side of cone 3. Quickly move your chair around cone 3 and move to the opposite side of cone 4, making another figure 8. Quickly move your chair around cone 4 and explode back to cone 3.

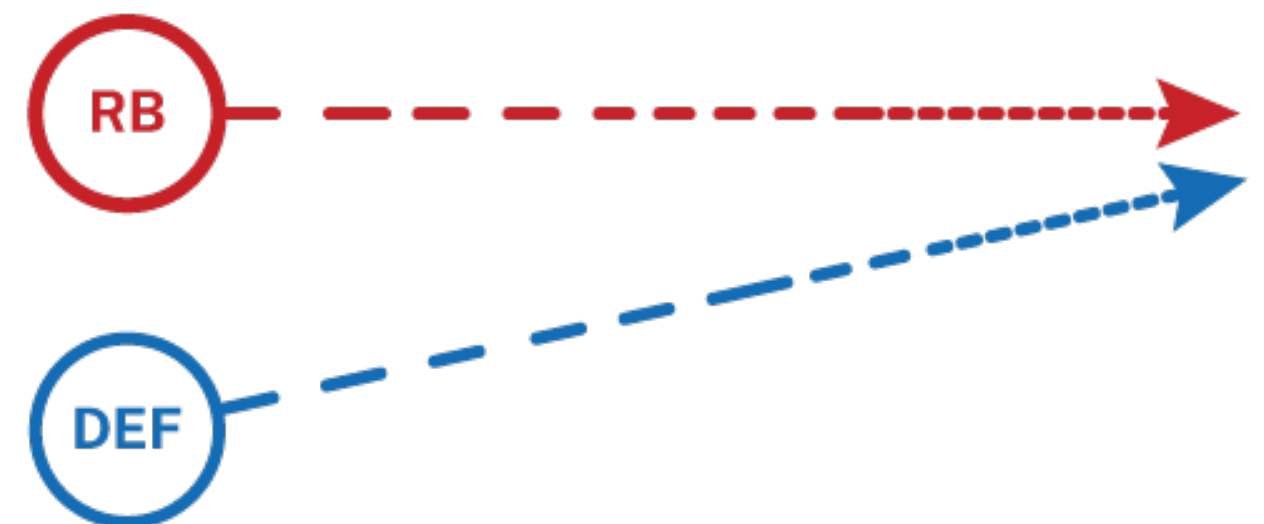


SKILLS & DRILLS

Wheel and Gather Drill

Purpose: Defender works on tracking the ball carrier while maintaining proper leverage.

Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins moving down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near wheel, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.

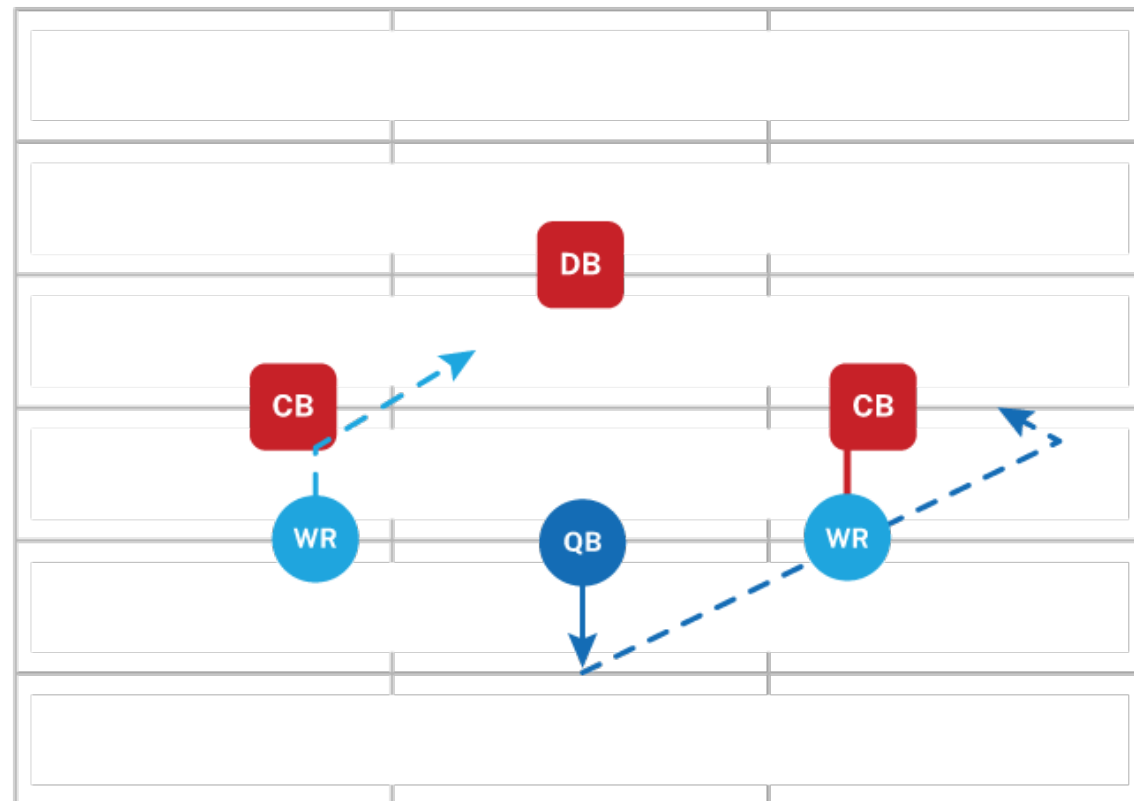


SKILLS & DRILLS

4-to Score (3 vs. 3)

Purpose: Chunks the football game in small groups to be able to participate more effectively and be coached up on needed skills to develop.

This is simply a 3 vs. 3 football game where the offense is only given four attempts to score a touchdown. After the fourth attempt, if the offense does not score, the ball goes to the other team. All possessions start at the same spot so the team must go 20 yards. Teams can get more than one score in four tries. Recommended field size is 20 yards long and 20 yards wide. Make sure players maintain speed and body control with limited contact, or ensure helmets are worn.



SKILLS & DRILLS

Clockwork Hands Passing

Purpose: Receiving drill to develop the athlete to catch in all possible positions that might be presented to them.

This drill is the same as the clockwork hands receiving drill except the focus is on the passer. Challenge the passers to throw the ball to the different clock positions represented by the receiver's hands (i.e., twelve o'clock is above the head, six o'clock is below the waist, etc...)

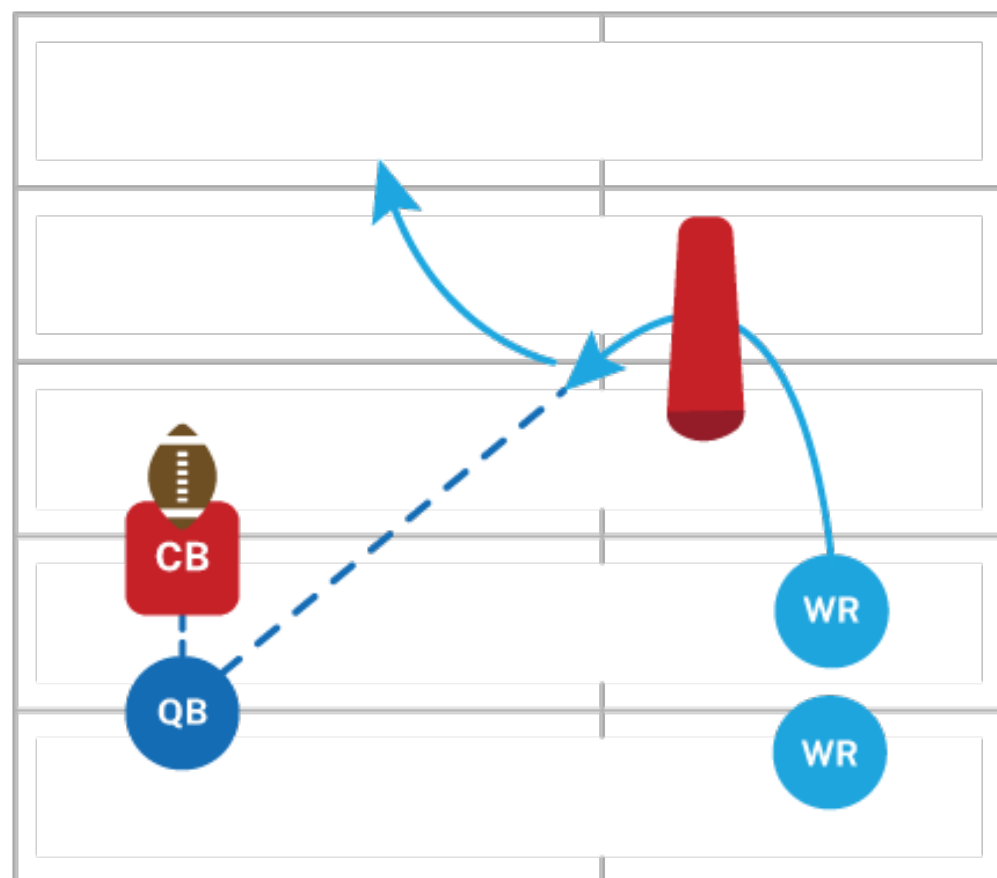


SKILLS & DRILLS

Hide and Seek

Purpose: Receiving drill to develop catching, tucking the ball away, and proceeding upfield towards the endzone

Passers and receivers should line up in parallel lines 10 to 15 yards apart. Place a cone or bag five yards in front of the line of receivers. On the passer's "GO," the receiver will release off the line, run five yards around a tackle bag or cone and turn to catch a pass. The receiver will locate the ball, make the catch and turn up field.

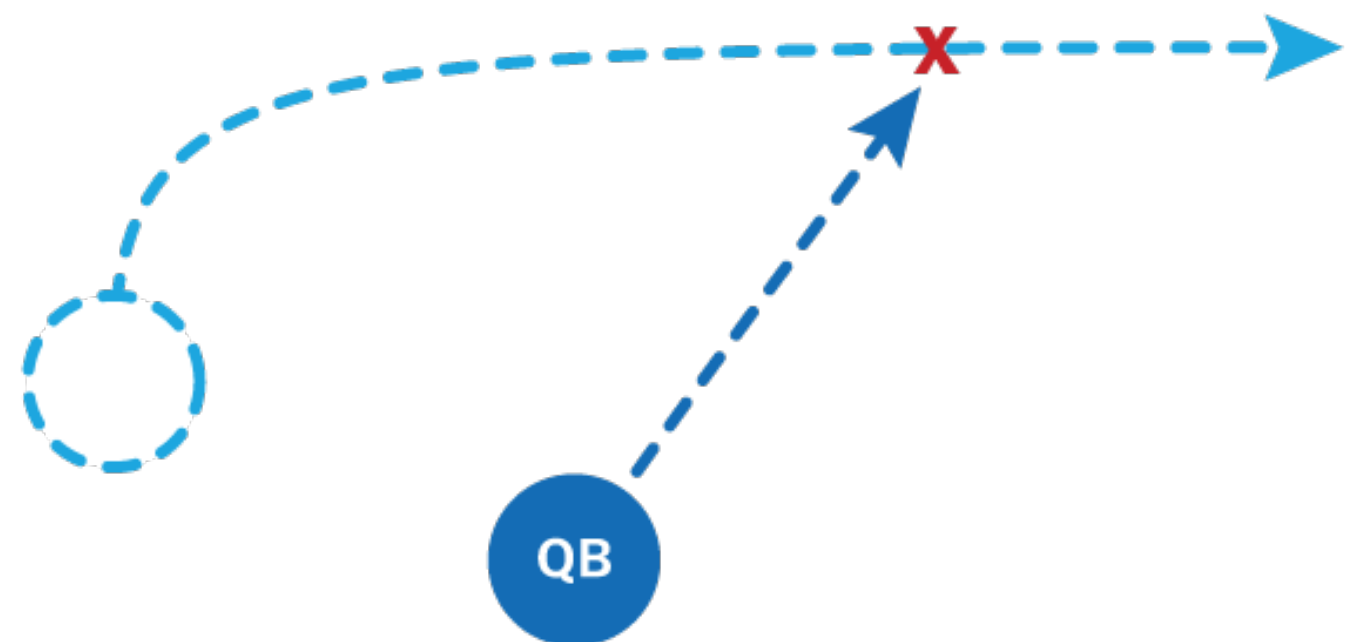


SKILLS & DRILLS

Catch Across the Middle

Purpose: Teaches the QB how to throw to a moving target and anticipate the receiver spot to throw too.

Line up receivers laterally ten yards away from a designated catch zone. Coach or passer is five yards from the zone vertically. Have the receiver move laterally in a ten-yard straight line anticipating a pass. Passer will work on accuracy by throwing the ball to the receiver as he or she crosses the passer's face.

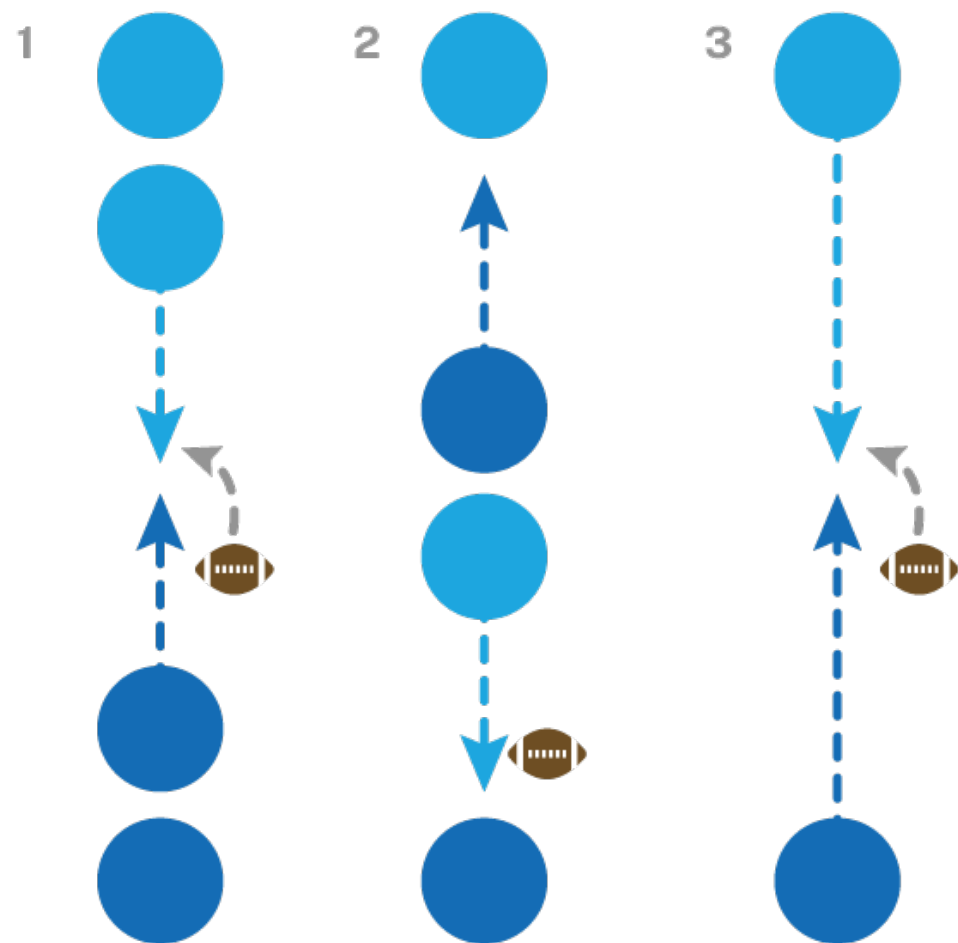


SKILLS & DRILLS

Hand-off Relay

Purpose: To develop RB handoff skills.

Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off, teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.

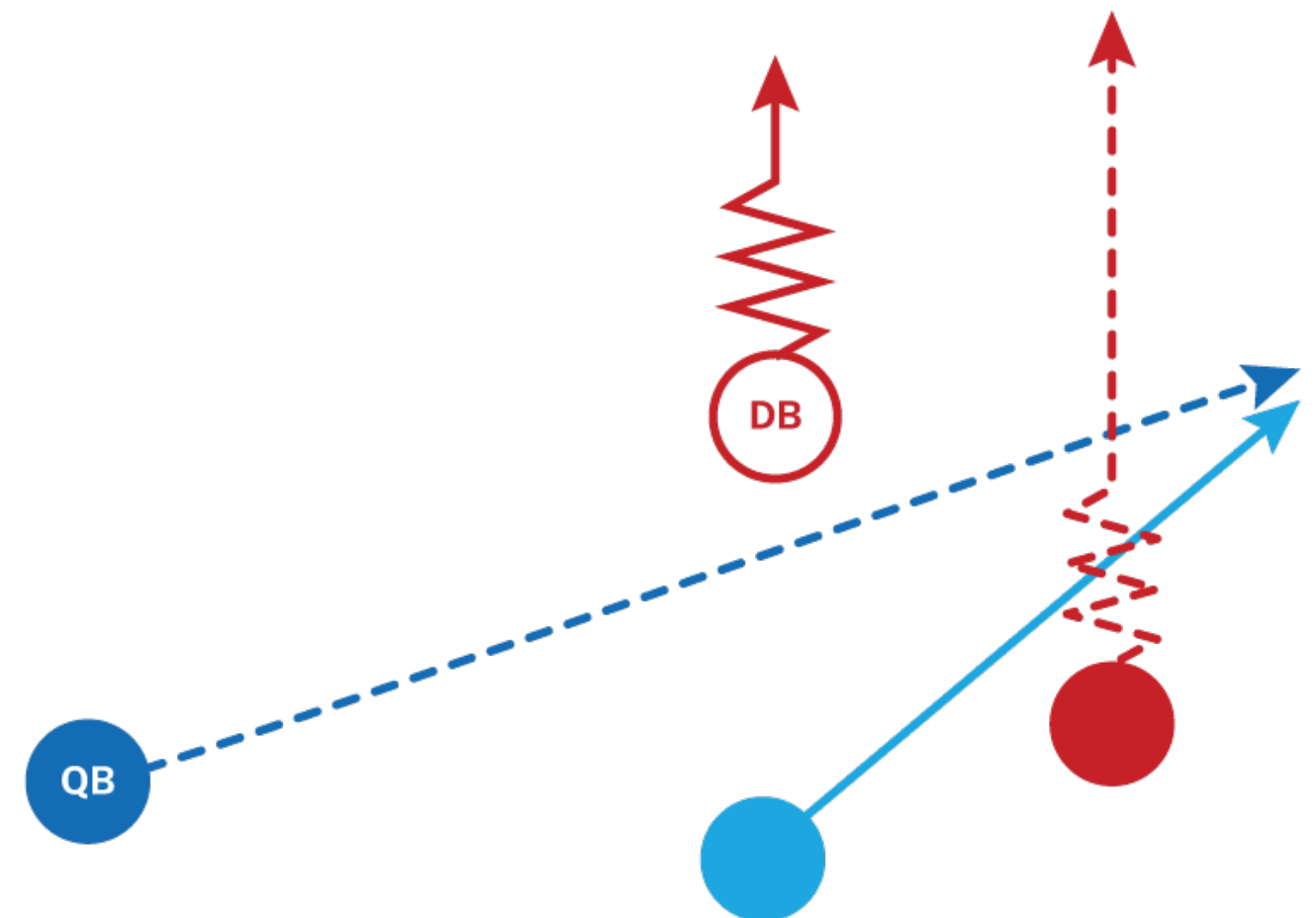


SKILLS & DRILLS

2 vs. 1 Read the Defender

Purpose: To develop the passing game and the QB ability to recognize and throw to the open receiver.

Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a snap from the center while the receivers run a slant/ arrow or fade/ arrow concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.

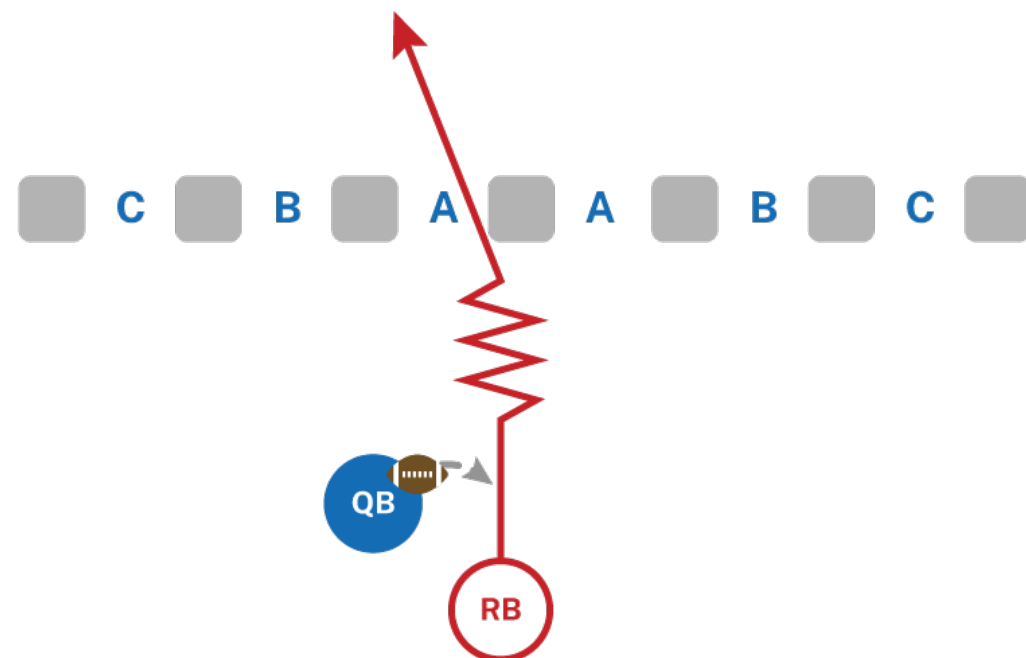


SKILLS & DRILLS

Gap Drill

Purpose: Develops the RB's ability to run to the open hole / space by reacting to a stimulus

This drill will require eight cones and a football. Align four cones in a horizontal line 2 yards apart, then have a space of 3 yards and align the remaining four cones also in a horizontal line. The quarterback should align 3 yards behind the horizontal cones in the 3-yard vacant space. Have offensive backs align in the offensive backfield, two yards behind the quarterback. On the coach's "Go," offensive backs will move downhill taking a handoff from the quarterback. Upon taking the handoff the coaches should say front side A, B, C or D or backside A, B, C, D. Upon hearing the command, the running back should move to that particular cone and burst 5 yards past it. Cones to the right are front side, cones to the left are back side. The inside cone on the right is front side A, second cone on right is front side B, third cone from right is front side C, fourth cone from right is front side D. The inside cone on the left is back side A, second cone on left is back side B, third cone from left is back side C, fourth cone from left is back side D.

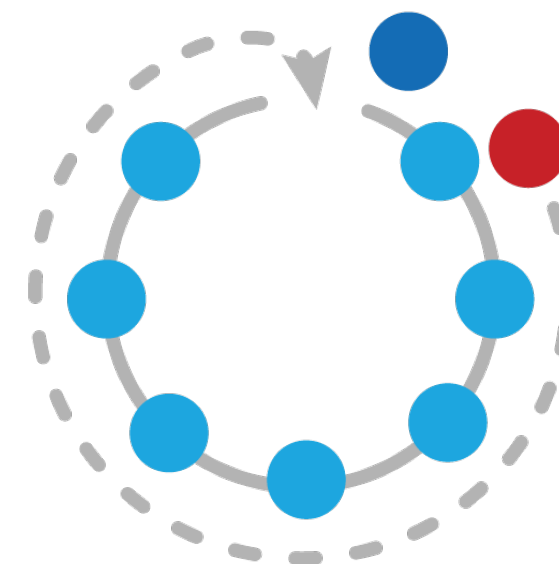


GAMES

Duck Duck Goose

Purpose: A fun game from the past to develop wheelchair skills while having fun playing a simple game.

All the players, except the person designated as "it", get in a circle. The person who is "it" wheels around the circle, tapping each player on the back, saying "duck" with each tap, until they decide to tap someone and say "goose." The "goose" person wheels after the person who is "it," trying to tag him/her before "it" can take the goose's original spot. If "it" successfully reaches the goose's area without being tagged, the goose becomes the new "it." If the goose tags the person who is "it," then the goose keeps his/her spot in the circle, and the "it" must either continue to be "it" for another turn or be placed in the middle of the circle until a new "it" names a goose and fails to take the goose's area without being tagged. That person then must go in the circle, and the cycle continues.

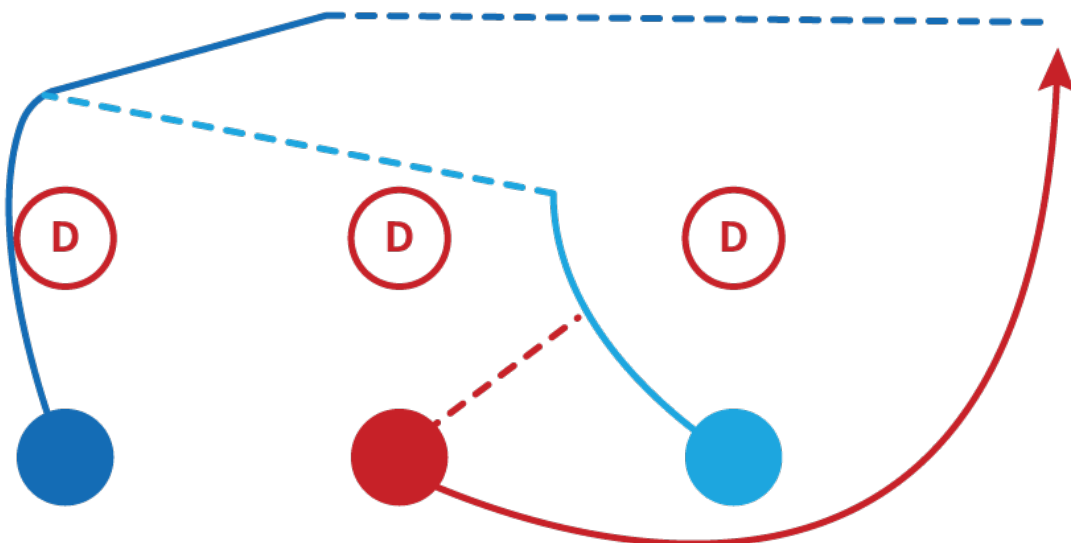


GAMES

3 on 3 Ultimate Football

Purpose: Ultimate Football is a fast-paced game that involves passing, pitching and receiving

Moving on a run play with the ball is not allowed, but players are allotted two yards before they pass the ball. Once those two yards are used up, the ball-carrier can only spin. The ball can be thrown overhand or underhand going forward, backward or laterally. A goal occurs when a player catches a ball in their end zone. Each goal is worth one point. There is no physical contact. Holding, reaching over the back, blocking, pushing and stripping the ball from an opposing ball-carrier are illegal. The ball is dead when it lands on the ground, a foul is committed, or the ball-carrier takes yards (2 is only allowed). The ball is back in play as soon as it is picked up by the defense. Possession can also change on an interception. With the focus on receiving, simplify the game by playing 3-on-3 to create more open space instead of larger groups.

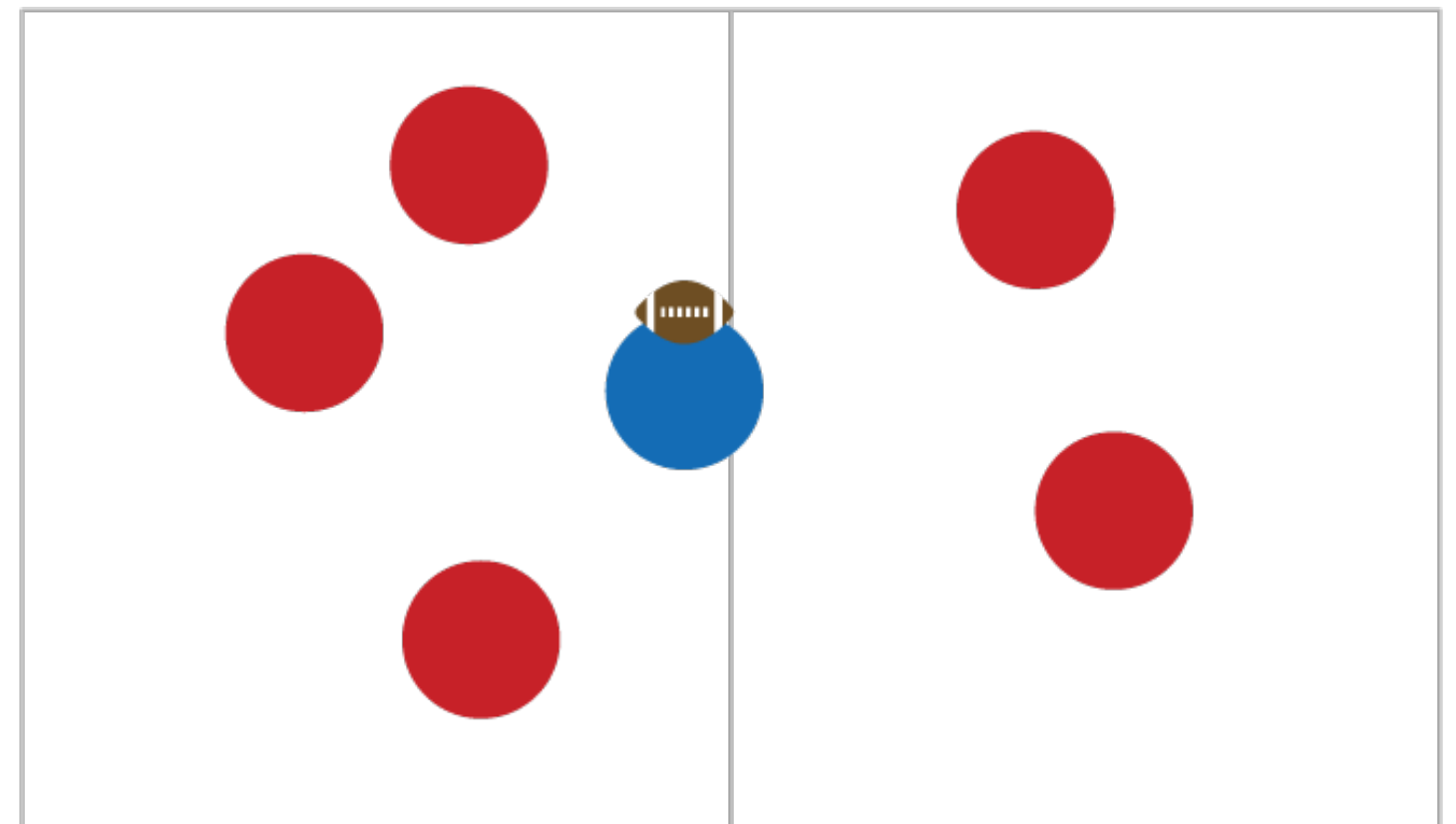


GAMES

Football Freeze Tag

Purpose: A Fun drill to instill competition and chair agility skills.

Start with one person who is “IT” (blue). If needed, outline an appropriate playing space with cones. Whoever is “IT” carries the football. The rest of the players (red) try to avoid the player who is “IT.” Once a player is tagged, he or she must freeze or stop moving. The object of the game is for the player who is “IT” to make all opposing players freeze. Frozen players can be unfrozen if they are tagged by a teammate.



POST-GAME

WRAP-UP & EVALUATION



If your organization doesn't already have a post-event internal evaluation process, work with your staff and volunteers to create one so you can help make the next event run even more smoothly. Put together a document that includes the clinic's schedule, venue and key contacts, and any successes. Also include any recommendations for future events (i.e. make registration longer, or have 3 more footballs at each station). Working to put all of this information down when it is fresh in your mind will make sure you have it ready for the next clinic.



In addition to internal evaluation, it's important to understand how your attendees received your clinic. Move United has an event and physical activity survey that can be used if your organization does not have their own template.

Make sure to store all equipment properly so it's ready to go for the next clinic.

Helmets

For helmets to maintain their integrity they should be stored in a temperature-controlled setting away from excess moisture or other outside elements. Helmets should be wiped down prior to being put away to ensure no dirt, debris or germs are left on the equipment.

Footballs

Footballs should also be wiped down and stored in a temperature-controlled area. If footballs are stored for extended lengths of time, make sure to check the air pressure prior to the next use as they could have deflated slightly. Footballs should be pressurized to between 12.5 to 13.5 psi (taut and firm, but not too hard).

Wheelchairs

Prior to storing wheelchairs, make sure to thoroughly wipe them down and examine the equipment. Note any potential damage or repairs that should be made. Document the usage, repair date and any other relevant notes according to your organization's equipment protocols.

THANK YOUS

Don't forget to thank your volunteers and event staff. A quick text can go a long way, but we recommend a more formal thank you card (including event photos) if that fits into your clinic budget. Volunteers who feel appreciated, are more likely to return for subsequent clinics.



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USA WHEELCHAIR
FOOTBALL LEAGUE



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