



From One Email to a Movement

Partnering with Local Municipalities to Expand Adaptive Recreation

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What would you do if you got this email?

"My son doesn't have a place to play..."

Email sent to multiple cities

One parent

One unmet need



The Turning Point

You don't have to know everything to start.

We had:

- A need
- A willingness to try
- A decision to act

We didn't have:

- Training
- A plan
- A budget



The First Step

What we did immediately:

01

Replied (quickly)

02

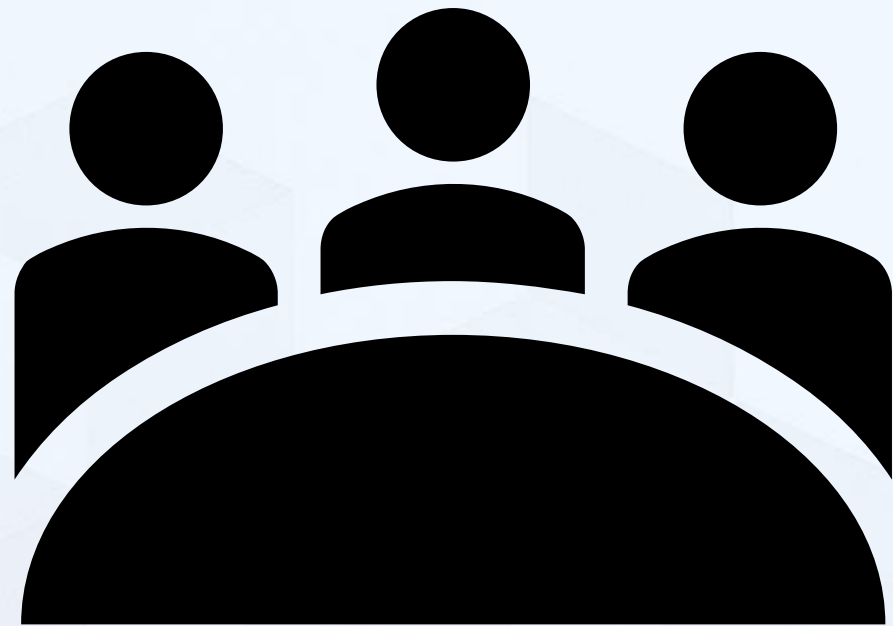
Included neighboring cities

03

Started a conversation

Start with connection, not perfection





The Coalition Begins

Cities involved (initially):

- Pleasant Grove
- American Fork
- Lehi
- Cedar Hills

What made it work:

- Shared need
- Shared workload
- Shared vision

 Section 1

Building the Foundation

How we laid the groundwork for a regional adaptive recreation movement — without waiting for perfect conditions.

Start Before You're Ready

We didn't wait for:

Funding

Expertise

Perfect structure

We just started.

Understanding the Need

Parent feedback

Community conversations

Alpine School District survey
1,000+ responses

Takeaway: The need is bigger than you think





Why Partnerships Matter



One city alone

- Limited reach
- Limited resources
- Smaller population to pull from



Together

- Shared costs
- Larger impact
- Stronger programs

How to Start a Coalition

Step-by-step:

1

1. Identify nearby cities

2

2. Send ONE email

3

3. Host a simple meeting

4

4. Focus on shared goals

 Section 2

Programming That Worked

Real programs, real outcomes, and the moments that reminded us why this work matters.



Adaptive Junior Jazz

First major program

50+ participants

First season

Multi-city participation

As the kids received their jerseys, they lit up.

Expanding Programs

What came next:

14 cities involved

- Basketball
- Tee-ball
- Volleyball
- Pickleball
- Soccer
- Gymnastics
- Bowling
- Multi-sport camp
- Coming Soon – Mountain Biking, Cheer, Kickball

Adaptive fitness classes

Monthly activity nights (parent date night)

Youth adventure Summer programs

Summer socials

Lifelong Learning Summer Courses

Signature Event – Berserker Blitz



Viking-themed obstacle race



All-terrain wheelchairs



Community + volunteers

Make it FUN, not just functional





Community Impact



Families finally had options



Increased participation year over year



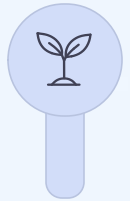
Regional awareness grew

🔗 Section 3

What Actually Made It Work

The real ingredients behind a successful adaptive recreation coalition — honest lessons from the field.

5 Keys to Success



1. Start small



2. Collaborate early



3. Listen to families



4. Be flexible



5. Keep showing up



Challenges

Fear of doing it wrong

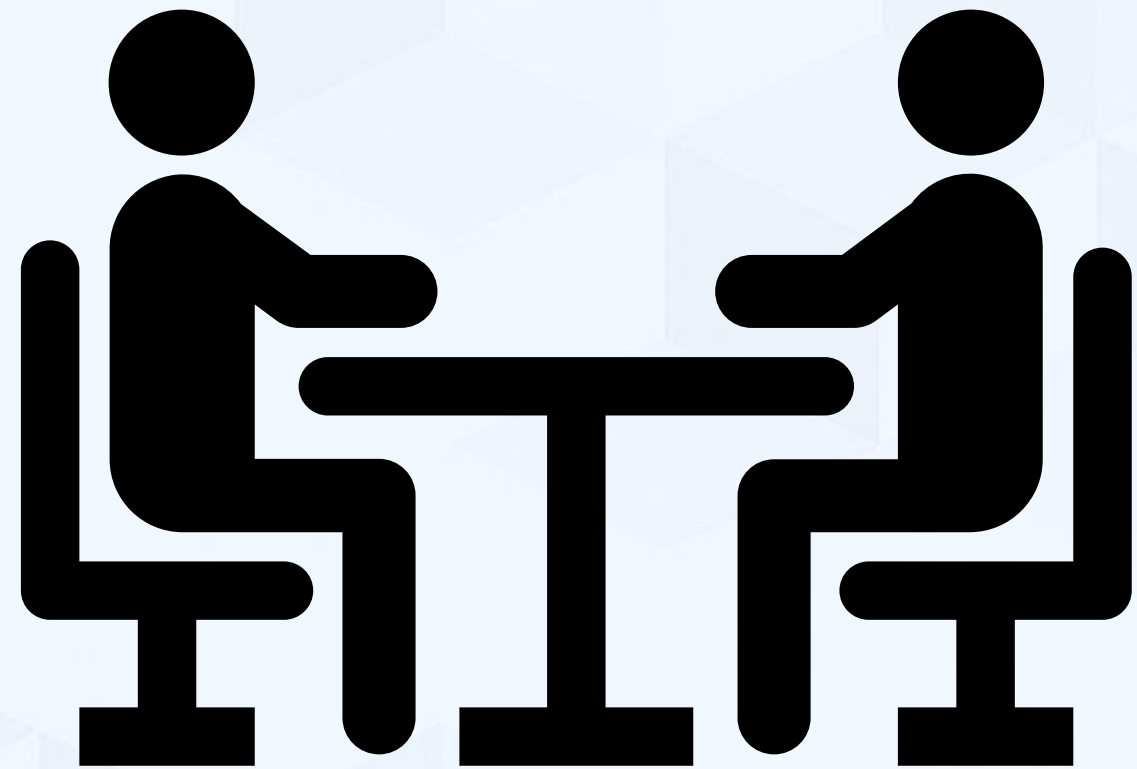
Staffing concerns

Budget limitations

"We've never done this before"

How We Solved Them

- Shared staffing across cities
- Partnered with organizations
- Adjusted expectations
- Learned as we went



Partnerships That Matter



Local cities

Municipal partners sharing resources and reach



Nonprofits

Expanding capacity and community support



Schools

Connecting with families and identifying needs



Vendors

Supplying equipment and event support

🔑 Section 4

How They Can Do It

A practical, actionable blueprint so any city can start their own adaptive recreation program — starting today.

Your Starting Blueprint



Step 1: Identify need



Step 2: Connect regionally



Step 3: Start ONE program



Step 4: Build from there

If You Only Do One Thing...

Send one email this week



Simple First Program Ideas



Adaptive sports clinic



Social night



Family event



Intro fitness class

Scaling Up

1

Add more programs

2

Expand partnerships

3

Create signature events

☆ Section 5

Inspiration + Close

The moments, the meaning, and the message you'll carry with you when you leave today.



Magic Happens Here

"This didn't start with a master plan..."

It started with:

One email

One response

One decision to care

Final Thought

**You don't need permission
to create belonging.**



Call to Action

What will YOU do next?



Send the email



Start the meeting



Launch the program

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