

## United Training Foundation Summary Report

### **Information about the Applicant**

United Training Foundation's mission is to facilitate the best fitness experience for our athletes, so they can take control of their health and fitness to promote positive impacts on their daily lifestyle. The United Training Foundation will match athletes with a qualified trainer, fitness provider, or an inclusive facility at no cost to them. We constantly build our network of personal trainers, physical therapists, and other wellness professionals. We promise to commit our passions to facilities compliant with the Americans with Disabilities Act and exemplify community and inclusion in everything they do.

Our core values include inclusion, accessibility, and community. We ensure our athletes experience a fully-immersive environment, participating within their group of peers, whether able-bodied or disabled. We search for facilities that allow our athletes to enter and participate independently. Finally, we seek out communities that demonstrate a welcoming and supportive environment.

We have provided service and opportunity to over 40 individuals with various disabilities. Recent achievements include re-formatting a community fitness center to provide adequate and adaptive equipment for their students and providing numerous athletes with financial resources to participate in personal training with a knowledgeable coach. We believe this can lead to a sense of inclusion and involvement within a community to promote positive morale for all!

### **Statement of Need**

Our vision at United Training Foundation is to allow our athletes with disabilities to take control of their health and wellness. The disabled demographic is fighting to eliminate the stereotype that their abilities cannot be improved or demonstrate an active lifestyle that integrates within society. Our focus is to justify the power of opportunity and provide our clientele with a space they feel they belong in all facets. Secondly, we aim to aid this population in gaining independence. Funding for our athletes includes private or

corporate donations to cover portions of their program. We are requesting assistance from WisPact to help us fund training for a group of new athletes we hope to bring into the program.

### **Project Goals and Expected Benefits**

Each athlete that joins the United Training Foundation is provided a program that tailors to their specific goals. While the expected outcomes for each individual may vary, one assurance remains constant; a greater quality of life is possible for all. Whether developing better efficiency transferring into and out of their wheelchair, or gaining freedom from certain supportive devices, we work with the athlete to ensure mobility and longevity promote an optimistic future for all individuals.

We will implement initial and quarterly evaluations of progress between the athlete and their trainer. We will work with the athlete to develop quarterly physical testing to show progress toward the long term goal. UTF can work hand in hand with the trainer and facility to track this progress to the ultimate goal.

We stay steadfast in our project goal to introduce 5 new athletes with disabilities into this program in 2023.

### Project Implementation Plan

The United Training Foundation receives referrals through word of mouth and outreach to other support organizations (i.e. VA and VFW) to receive an application into our programs. We work with the athlete in their demographic to find a trainer and facility that can provide them the highest quality in both service and accessible facilities.

Upon the initial introduction, the trainer and athlete will meet and discuss the short and long-term goals of the athlete. This will include how their specific disability limits their progress in achieving these goals independently. The trainer will provide a detailed training plan, including quarterly check-ins and assessments, to track the athletes progress toward their long-term goal. These quarterly check-ins will be shared with UTF through documentation and visual media (i.e pictures and videos). Our program currently implements these procedures at its highest threshold, given the resources available. This grant would significantly support a program expansion well into the realm of what we strive to achieve. Each individual athlete will be brought into the program for one year, with the option to reapply and extend their scholarship.

### Evaluation Plan

The success of the program will be measured in the improved fitness goals of the participants who are paired with their trainers.

### Budget

#### Itemized Budget

Program name: Grit Community Scholarship	Budget Year: 2023
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Program	Individual price	Individuals program would service	Yearly Budgeted Cost
Community Scholarship	\$150/month	5	\$1,800/athlete
Total scholarship budget			\$9,000
Welcome kit**	\$200/athlete	5	\$1,000
Total amount requested from WisPact			\$10,000

\*\*Welcome kit includes UTF apparel, UTF Branded water bottle, towel, protein supplement

**Staff Recommendation**

The grant can be recommended for approval. The proceeds will provide a scholarship allowing persons with disabilities to participate in the physical training program. The grant provides a direct benefit to persons with disabilities and aligns with the initiatives of the foundation.