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Champ's Triathlon Training Program

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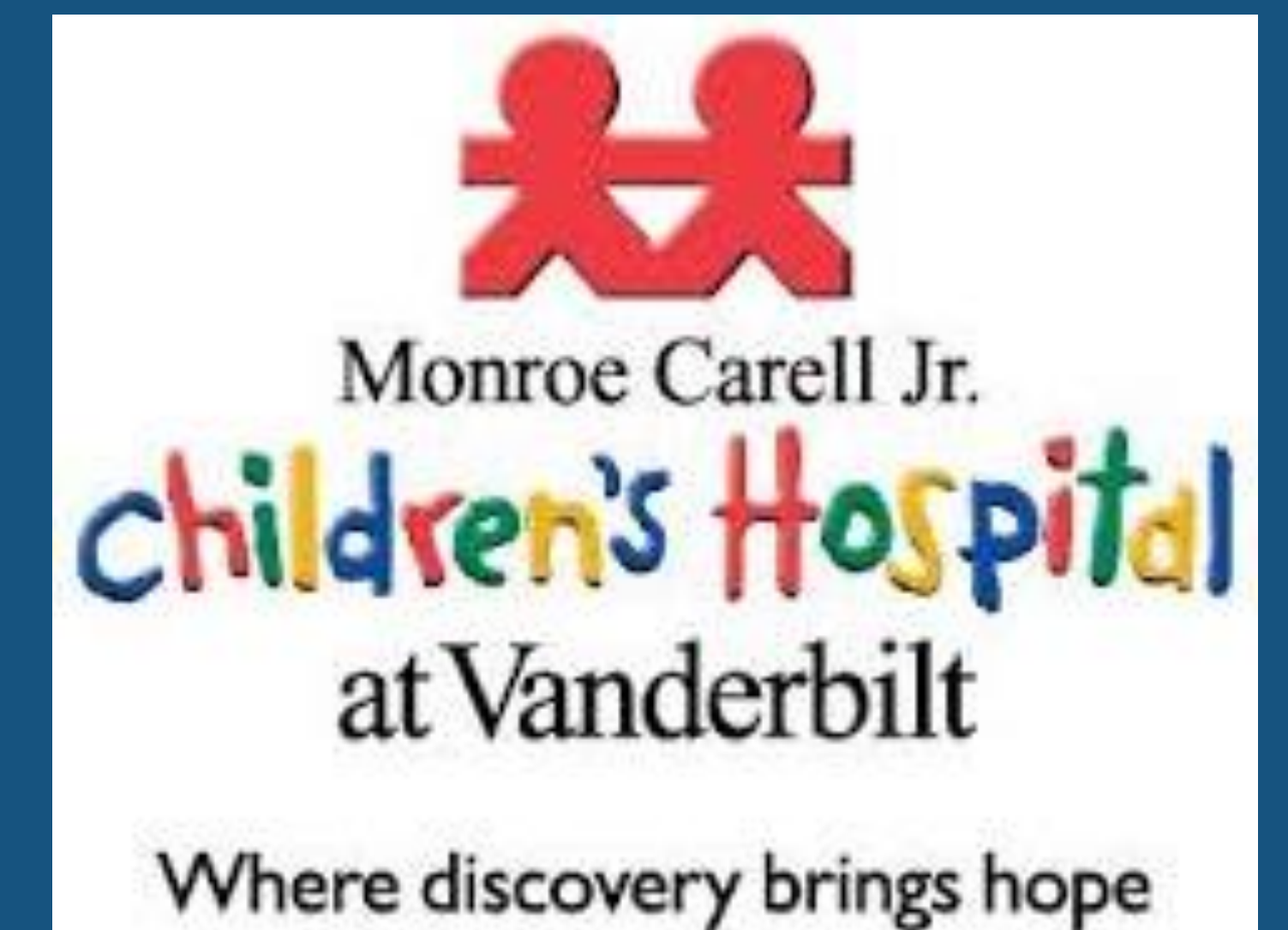
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Champ's Triathlon Training Program

Rachael Sollman, OTDS
Expert Mentor: Kelley Newman DPT, PCS, HPCS
Faculty Mentor: Sue Iliff PhD, OTR/L



Mission

“Vanderbilt Adaptive Sports” is committed to providing adaptive physical fitness programs to children with and without disabilities. The goal of these programs is to **facilitate transition from skilled therapy services**, encourage community involvement in **physical recreation with peers**, and **optimize a happy and healthy lifestyle** for each child involved.

Values

- Scholarship and continuous learning
- Career satisfaction
- New thinking and innovation
- Ability and desire to lead

Agency Needs

- Reduce risk of inactivity, obesity, and chronic pain/fatigue in children diagnosed with cerebral palsy
- Development of adaptive sports programs and funding through local/national organizations and grants
- Aid in transition from skilled therapy services to community fitness

Program Goals

- Increased involvement of children with disabilities to community fitness
- Reduced secondary risk factors associated with obesity and inactive lifestyle
- Improved happiness and quality of life of children with disabilities
- Promote adaptive sports programming within the Monroe Carell Jr Children's Hospital
- Increased monetary support via grants and community donations



Measurement Tools

- **GMFM-66**: measure progress in functional motor skills pre-program, immediately post-program, 3-months, and 6-months post-program
- **PedsQL**: measure participant's perceived quality of life from the participation in a community program
- **Family Surveys**: assess continued participation in community programs and perception of benefit of Champ's Training Program

Program Outcomes

- Increased adaptive physical recreation programming in Middle TN area
- Grant acceptances/monetary support from community organizations
- Reduced risk of secondary risk factors associated with obesity and inactive lifestyles

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