

SNAP

Special Needs Activity Program

Spring 2019 Newsletter



About SNAP

SNAP started in the late 1960's as a Gym and Swim program for children with disabilities and took place in Waller Hall on IUP's campus. Over the past 50 years, the program has grown and developed into four different programs that take place in Zink Hall. Programs exist for children and adults of all abilities and rely on the dedicated work of students and volunteers to keep them fun and exciting. SNAP at IUP is a program designed to give participants the opportunity to get physical activity in the Gym and Pool. Participants' abilities are assessed at the beginning of each semester and they are encouraged to work on locomotor and manipulative skills. The program utilizes the gym, pool, and fitness center in Zink Hall.

Why SNAP?

The CDC has recommendations regarding how much physical activity people need for health. The recommendations differ based on age, but are similar for people of all ability levels. Children should get one hour of moderate to vigorous physical activity per day. Adults are encouraged to get at least 30 minutes of moderate to vigorous physical activity 5 days per week. According to the CDC, less than 50% of Americans meet this recommendation, and the numbers are even lower for persons with disabilities. One of SNAP's goals is to provide appropriate physical activity opportunities. SNAP is a fun, engaging program that has something for everybody to enjoy!

Adapted PE

Did you know that thanks to the Individuals with Disabilities Education Act (IDEA), federal law mandates that schools provide adapted physical education to all students with disabilities? There are national standards for adapted health and physical education which provide a framework for how teachers must design their classes according to the needs of each student. Because of this, students with disabilities are entitled to a quality education, as well as a beneficial health and PE program which can set them up for further successes in life.

Special Olympics

Indiana and Armstrong Counties have a Special Olympics organization which provides competitive physical activity opportunities through a variety of sports and events to children and adults with disabilities. More information can be found here:

Facebook || <https://www.facebook.com/SOPAArmstrongIndiana/>

Email || Matthew Slee || mjslee2002@windstream.net



Meet the New Staff

Morgan Lovely

Morgan is a graduate assistant in the KHSS Department and is currently pursuing her master's degree in health and physical education. She graduated from Southern Connecticut State University with a BS in exercise science, focusing in human performance. Morgan is also a certified B1 Zumba instructor, assistant coach for Girls on the Run, and an avid endurance runner. Morgan worked with the IUP Home School Program in Fall 2018 and is excited to take her talents to the SNAP team. She can't wait to share her positive energy and inspire youth in the education system and local community here in Indiana.



Mikayla Bickford

Mikayla is a Child Development and Family Relations Major at IUP. After graduation, she wants to continue her education and pursue a Master's degree in Occupational Therapy. Last semester Mikayla volunteered with SNAP for a class which required her to get community service hours and she fell in love with the program and the clients she worked with. She believes SNAP is a wonderful and hands-on experience that will introduce her to the type of clients she wants to work with as an Occupational Therapist in the future. We are excited to have Mikayla join our team!



Adapted Swim Program

The Indiana Area School District adapted swim program involves a small number of elementary school students with disabilities. This program takes place at the indoor pool on the first floor of Zink Hall. The program runs every Thursday during the semester from 7:30 to 8:15 a.m.



Lifesteps

Lifesteps is a community-based organization that provides adult care services for people with disabilities through Adult Training Facilities, Residential Living, and Employment services. SNAP has partnered with Lifesteps to create a one-hour physical activity program which takes place in gym A in Zink Hall. The program runs on specified Fridays from 10:15 to 11:15 a.m.

Other Opportunities at the Indiana County YMCA:

Adapted Dance || Saturdays Jan 19th-Feb 23rd || 10am-11am

Miracle League Baseball Clinic || Saturdays March 9th-April 13th || Adult: 10am-11am
Youth: 11a-12p

Youth and Adult Miracle League || Season starts in May || Adult: Wednesdays 5:30pm
Youth: Saturdays 10am

Contact: Paula Leib: miracleleague@icymca.org || adapted.icymca.org

Registration

For those individuals interested in joining the SNAP program, please see the website, (<https://www.iup.edu/kines/snap/>) and download a printable version of the **SNAP Registration Form**. This completed registration form may be brought with you to a SNAP session or mailed to David Lorenzi at:

Zink Hall, Room 225
1190 Maple Street
Indiana, PA 15705



What to Bring

Participants should wear sneakers and be dressed for physical activity in the gymnasium. Any individual who is planning to swim should bring either a pair of swim shorts or a one-piece bathing suit along with a towel.

Note from the Director

Parents and Caregivers,

Welcome to another semester of SNAP at IUP. If you have been a recent participant in the program, we look forward to working with you again this semester. If you have been a past participant and are considering coming back, we would love the opportunity to work with you again. We have a great staff in place for this spring and we were able to schedule the SNAP dates around the Miracle League schedule at the YMCA so that clients are able to participate in both programs and do not have to choose one program over the other. Regular physical activity is important, especially for individuals with disabilities. Please take advantage of the programs that are offered in the Indiana/Armstrong area such as IUP SNAP, Miracle League, and Special Olympics. If you know of other physical activity programs being offered for individuals with disabilities in the area, please let us know and we will promote those in future newsletters. As always, we would love to get feedback on the SNAP program. Have a great spring!

-Dr. David Lorenzi

Spring 2019 Dates

IUP Child SNAP:

- Saturdays (9:00am-11:00am)
 - February 16, 23
 - March 2, 23, 30
 - April 6, 27

IUP Adult SNAP:

- Wednesdays (6:00pm-8:00pm)
 - March 20, 27
 - April 3, 10, 17, 24
 - May 1

Lifesteps SNAP:

- Fridays (10:15am-11:15am)
 - Feb 15, 22
 - March 1, 22, 29
 - April 5

Indiana Area School District Adapted Swimming Program

- Thursdays 7:30 am – 8:15am
 - Feb 7, 14, 21, 28
 - March 7, 21, 28
 - April 4, 11, 18, 25
 - May 2

Volunteer Information

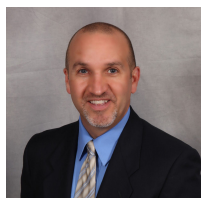
Student volunteers from other campus programs are welcome to volunteer. All volunteer hours will be documented. To volunteer, individuals must bring original copies of ACT 34, ACT 151, and ACT 114 clearances. Reason to volunteer include:

- Fulfill community service hours
- Additional volunteer hours
- Looks great on your resume
- Work with a variety of people with disabilities
- Fun, rewarding, and hands-on

Contact Information

Director:

David Lorenzi
Zink Hall, Room 239
Davidlorenzi@iup.edu



Graduate Assistants:

Rachel Sandman
Kristen Bailey
Zink Hall, Room 230
IUPSNAPGA@gmail.com



The program is run out of Zink Hall on the IUP campus. The building is located on Maple Street in front of the football stadium. The program meets in Gym A of Zink Hall and utilizes the indoor swimming pool and the James G. Mill Fitness Center.

Zink Hall Address: 1190 Maple Street Indiana PA, 15705