GSA Program Overview

Movement, meaningful relationships and belonging

OUR WHY

We believe everyone deserves the opportunity to live their best life. Movement is our vehicle. Dignity, independence, connection, confidence, belonging and quality of life are the purpose.

A person, not a workout template

Each participant is welcomed by name. We adapt activities and communication to the person, rather than expecting everyone to move, learn or participate in the same way.

What our coaching supports

Area	Participant-centered opportunities
Belonging	Shared interests, friendships, peer engagement and meaningful community participation.
Movement	Balance, coordination, motor planning, strength, body awareness and comfortable movement.
Confidence	Making choices, self-advocacy, familiar routines and functional skills that matter to the individual.
Engagement	Adapted communication, predictable transitions, regulation-aware support and opportunities to try.

The community extends beyond a workout

Community gatherings, celebrations and special events create opportunities for friendships, family connection and shared memories. Event details are communicated separately.

Our people matter

Our coaches bring adaptive training experience, continuing education and individualized planning. They adjust instruction to the person. Specific qualifications and staffing arrangements are available on request.

BUILD THE HUMAN FIRST, THEN THE ATHLETE

Success is more than repetitions or fitness scores. It is feeling valued, appropriately challenged, connected and capable.

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The service model | Individual fit and support

Two distinct ways to participate

GSA Group	Private Adaptive Coaching
Structured adaptive group sessions, generally up to **1 coach per 4 participants**.	**One-to-one adaptive coaching** built around the participant's abilities, goals and support needs.
Shared movement, group routines, social recreation and real opportunities to engage with peers.	Individualized movement practice and adapted instruction connected to chosen activities and meaningful skills.
A community setting for participation, connection and shared experiences.	Practice can support making choices, activity transitions and participation in everyday or community settings.

One service or a thoughtful combination

Group and Private are separate choices. When both fit, they offer complementary practice and shared experiences. Private participation never requires Group.

Safety, dignity and support

We use respectful communication and individualized modifications. A small Group ratio is **not continuous one-to-one supervision**. Additional assistance, Private services or a different structure may be needed. Support arrangements are reviewed before participation.

Nonmedical scope: GSA provides adaptive coaching and community support. It is not physical therapy, occupational therapy, speech therapy, behavioral therapy or medical treatment.

For caseworkers and funding reviewers

GSA provides specialized adaptive fitness, social recreation and community participation through movement. The individual request connects chosen activities and IPP goals to access needs, coaching adaptations and the recommended frequency. [1]

DDS's recommended social-recreation policy allows consideration of private lessons that build skills for community inclusion and future socialization. This does not establish automatic approval for a particular service or participant. [2]

Provider to authorize: Functional Speed Academy LLC. Golden Strength Academy is its adaptive program, not a separate vendor.

Reference guidance: [1] DDS purchase-of-service guidance, Mar 5, 2026; [2] DDS social-recreation policy, Mar 25, 2026.