

TOPSOCCER

Program Overview

TOPSoccer is a soccer program for children and adults with physical and/or intellectual disabilities. The program is run by the Clovis Junior Soccer League (CJSL) and utilizes Resources for Independence Central Valley's (RICV) Inspiration Park for soccer games and events.

Additionally, TOPSoccer provides children with physical and/or intellectual disabilities in Fresno and Clovis an opportunity to exercise their bodies and minds in a fun, supportive environment.

Goal of Touch the Community

- Directly address the lack of adaptive sports programs in the Fresno area.
- Increase visibility of CJSL, RICV, and Fresno State as partners in providing opportunities for local communities.
- Increase player self-esteem, social functioning, and physical health.

Action Plan

- Market TOPSoccer to service agencies around the Fresno area
- Participate in weekly soccer games and act as assistant coaches
- Complete a community needs assessment and survey prospective participants
- Increase marketing efforts in order to increase the amount of players in TOPSoccer
- Move forward in creating a self-sustaining adaptive soccer program
- Increase utilization of Inspirational Park through research and data collection.

Community Impact

- Increased visibility of both Inspiration Park and the TOPSoccer program.
- Strengthened Fresno State's presence in the community through communication with various agencies.
- Enhanced participants' physical ability, social functioning, and self-confidence.

Budget and Funds

- \$1850 currently remains in the Touch the Community fund.
- Marketing and equipment will be major expenses for the upcoming season.
- This season, we used previously purchased equipment as well as CJSL coaches in order to minimize expenses.
- Our partnership with the Clovis Kiwanis Club enabled us to host a BBQ and celebration for the players and coaches at the end of the season.
- Finally, one parent felt so strongly in the program that she donated funds to cover ten additional players for next season. In total a \$450 donation so that children who could not afford the entree fee would not be left out.



Research Survey Results

- As of April 5, 2017, we have had a handful of respondents to our survey.
- The results show that soccer is the number one requested sport by both parents and their children.
- Sporting events, food trucks, and arts and crafts programs are also in high demand. We hope to offer these programs in the future in order to attract more people to Inspiration Park and TOPSoccer.

Benefits to Participants

Socialization

Development of Prosocial Behavior

- Helping, cooperating, and sharing foundations established in childhood
- Learned from family/daily interactions

Enhancing Emotional Regulation (ER)

- Use of inter/intrapersonal resources to monitor and maintain emotional state
- Control of emotion critical in the development of empathy

Emotional Socialization (ES)

- Learning ER allows children to be empathetic and prosocial

Physical Activity

Decrease risk

- Lower risk of chronic diseases such as obesity, diabetes, and cardiovascular disease

Improvements

- Enhance cognition and behavior (particularly in the area of executive control)
- Increase physical strength and motor control

