



# "I Can Do It!"

Adaptive Physical Education  
and Sports Program for Students with Disabilities

Miami-Dade County Public  
Schools  
Division of Life Skills and Special  
Projects

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## "I Can Do It, You Can Do It!" Kickoff Held at South Miami Senior High

The South Miami Senior High School gymnasium was the site for the "I Can Do It, You Can Do It!" kick off on October 7, 2004. Students from Homestead Senior and South Miami Senior participated in a variety of activities.

"I Can Do It, You Can Do It" is a physical fitness program that links physically fit mentors with children who are disabled. The mentors provide training and guidance to help the children become physically active by accumulating 30 minutes of physical activity daily to earn the Presidential Active Lifestyle Award.

The ultimate goal of this program is for children with disabilities to realize the importance of regular physical activity and sensible nutrition and to encourage healthy behavior.

The students not only participated in a variety of physical activities such as volleyball and basketball, and they had the opportunity to use the new fitness center, which

they also enjoyed.

The program is designed to take place during 6 week sessions, culminating with an awards ceremony where certificates and patches will be presented to all students who successfully complete the program. M-DCPS is the first school district in the United States to pilot this exciting new program.

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## M-DCPS Sports Program for Students with Disabilities Hosts ESE Week Events

The week of October 4-8, 2004, was declared ESE week in M-DCPS. The M-DCPS Sports Program for Students with Disabilities hosted events for ESE students around the county. Among the highlights were; Sled Hockey, Miami Dolphins Jr. Training Camp, Crandon Nature Center ECO

Adventure on Key Biscayne, and the "I Can Do It, You Can Do It!" kick off at South Miami Senior High School.



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### M-DCPS Sports Program for Students with Disabilities





## "I Can Do It, You Can Do It!" Kickoff

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Special thanks to Dr. Jayne Greenberg for her time and support in getting this project going.

If you would like more information about participating in this exciting new program please contact Tim Andexler, Education Specialist, Adaptive Physical Education and Sports Program for Students with Disabilities 305 995 1967.



*"I Can  
Do It,  
You Can  
Do It!"*

**What:** "I Can Do It, you Can Do It!" Presidential Active Lifestyle Award

**Who:** All students with disabilities may participate

**How:** At least 30 minutes of Physical Activity a day for 6 weeks

**Where:** Any safe place where you can do physical activity

**When:** Everyday, minimum of 5 days a week

**Why:** To promote a healthy lifestyle for a lifetime

## Miami Dolphins Junior Training Camp Held During ESE Week at Gulfstream Elementary

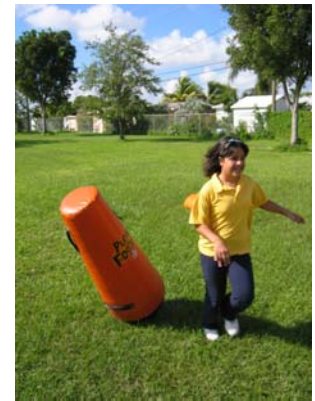


The Miami Dolphins brought the Miami Dolphins Jr. Training camp to Gulfstream Elementary School on October 4, 2004 in conjunction with M-DCPS ESE Week. Students participated in a variety of stations where they learned about the game of football and about teamwork. Students also had the opportunity to learn about cheerleading from one of the Dolphins Cheerleaders. Everyone had tons of fun and we can't wait until we can do it again

next year.

The middle school students will be going up to the Dolphins training facility in Davie on December 7, 2004 for their turn to participate in this fun activity.

Special thanks to Willis Whalen and the Miami Dolphins, and also to all the parents and teachers who assisted with this event. We would also like to thank Mike Bromir for his help with organizing this event.



## Students Continue to Participate in Sled Hockey on Miami Beach



Hockey in South Florida? Yes, it's true. Students in M-DCPS Sports Program for Students with Disabilities have been participating in clinics every Wednesday since last spring.

Sled hockey is a sport that is played on the ice just like ice hockey except participants play the game seated in a sled, and propel themselves with a short stick that they use to hit the puck. Sled hockey is an activity

that one would not typically associate with Miami, Florida. The students like it because it is fun, and a good way to stay physically active.

The sled hockey clinics were started by Christine Szymaszek with help from the MAPET International Foundation. Christine brought the sport here when her family moved to Florida from Tennessee where her son participated on a team. We

would like to thank Christine for her dedication to this sport and her efforts to see that all students participate. We would also like to thank Ellen Vargas from the City of Miami Beach for providing the ice rink at the Scott Rakow Center. We look forward to continuing this exciting activity in the future.



## Upcoming Schedule of Events Sports Program for Students with Disabilities

**November 16** Wheelchair Basketball Finals @ Goulds

**November 17** Sled Hockey @ S. Rakow Center

**November 23** Deaf and Hard of Hearing Basketball for North Senior High Schools @ Barbara Goleman Senior High School

**November 30** Deaf and Hard of Hearing Basketball for North Middle Schools @ Barbara Goleman Senior High School

**December 2** Junior Orange Bowl Sailing @ Shake-A-Leg

**December 3** Junior Orange Bowl Swimming @ Miami Springs Pool

**December 4** Junior Orange Bowl Track @ MDC South

**December 7** Jr. Dolphins Camp @ Dolphins Practice Facility

**December 8** Sled Hockey @ S. Rakow Center

**December 15** Sled Hockey @ S. Rakow Center



**January 5** Coaches Meeting @ Ruben Dario Middle School 5p.m.



## “I Can Do It!” Student Spotlight Raymond Couture, South Miami Senior High

This issue's “I Can Do It” student spotlight is on Raymond Couture from South Miami Senior High School. Raymond came to South Miami Senior from Rhode Island. In Rhode Island Raymond was not offered the opportunities to participate in sports and activities like he is able to do here. Raymond's favorite activity is basketball and he participates in games at the park with friends in his free time. Raymond not only likes basketball but he is good at

it, as evidenced by his victory over South Miami Senior Basketball coach Robert Doctor in a game of one on one (coach Doctor volunteered to hold one arm behind his back to level the playing field). We would like to thank the outstanding and dedicated teachers at South Miami Senior High School, especially Elizabeth Boronat, who helps to make it possible for students like Raymond to participate in many different activities.



*“I was not able to participate in activities like this before I moved to Miami.”*



## 5 Schools Participate in Wheelchair Basketball Clinics

We have finished our second year of wheelchair basketball clinics for Middle and Senior High School students. Clinics were held in the north at the YET Center at Gwynn Cherry Park, and in the south at Goulds Gymnasium at Goulds Park. The finals were held on November 16, 2004 at Goulds Park where 40 students from 5 different schools participated.

Leisure Access Services of Miami

Dade Parks and the Miami Heat Wheels ran the clinics where students learned the basics of wheelchair basketball, from dribbling and passing to shooting and teamwork. We would like to thank Leisure Access especially Gisel Prado, Helen Barnfather, Jody Santiago, the Miami Heat Wheels wheelchair team, and Barry University Students for helping to teach Wheelchair Basketball to M-DCPS students.



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## **Adaptive Physical Education Workshop Held at Fienberg/ Fisher Elementary**

An Adaptive Physical Education workshop was held for M-DCPS Adaptive Physical Education Teachers on October 11th at Fienberg/ Fisher Elementary on Miami Beach. Over 30 Adaptive Physical Education teachers attended this day long workshop. Teachers were able to learn new games and activities to use in their classes. Teachers also learned about the new "I Can Do It, You Can Do It!" Presidential Active Lifestyle Award.

We were fortunate to have several teachers give presentations on Adaptive Physical Education. Special thanks to the following Adaptive Physical Education Teachers; Tony Caballero from Auburndale Elementary, Dr. Rene Rodrigue from Riviera Middle School, Carla Robinson from Amelia Earhart Elementary, and Robert Doctor from South Miami

Senior High.

We were also fortunate to have staff representing the Division of Exceptional Student Education. Jill Brookner, Martha Berman and Claudia Leary who gave an excellent presentation on IEPs.

We are looking forward to have another workshop like this again in the future. Every teacher left with some new activities and ideas to implement in their classes.

Special thanks to Fienberg/Fisher Elementary School Physical Education Teacher Ricky Hemingway and Principal Olga Figures, we appreciate the use of your facility for this workshop.

