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**SOUTH SUBURBAN
FLYERS**



PRIDE & SELF CONFIDENCE
RESPECT & RESPONSIBILITY
FRIENDSHIP
PRIDE & SELF CONFIDENCE
FRIENDSHIP
PRIDE & SELF CONFIDENCE
RESPONSIBILITY
FUN & COMPETITIVENESS
SPORTSMANSHIP
LEADERSHIP
TEAMWORK
FUN & COMPETITIVENESS

**BUILDING
INDIVIDUAL
AND TEAM**

**SOUTH SUBURBAN
FLYERS**

Our team is called South Suburban Flyers. It's an adapted sports co-op with students from Edina, Eden Prairie, Bloomington and Richfield and is intended for students with limitations [defined below].

WHAT?

Adapted Athletics is governed by the MN State High School League and allows coed students with various types of challenges to represent their high school in competitive sports.

WHEN?

Practices and games are on Mondays/ Wednesdays (but switch to Tuesdays/ Thursdays every 2 years) The practices and games typically run from 4:30 pm to 5:45 pm.

TRANSPORTATION?

Transportation is provided! Participating districts transport students from school and then to their homes for practices and home games. For away games, transportation is provided TO the game, but students typically need to be picked up from Kennedy around 6 p.m. afterwards.

SPORTS?

The fall sport is soccer, winter is floor hockey and spring is softball. Rules are adapted for safety and limitations.

WHERE?

Kennedy Activity Center in Bloomington

WHO?

Any student in grades 7-12 with a condition that prevents them from "keeping up" with the pace of typical High School sports: Here are the official requirements:

1. Neuromuscular, postural/skeletal, traumatic, growth, or neurological impairment that affects motor function, modifies gait patterns, or requires the use of prosthesis or a mobility device including but not limited to, canes, crutches, or wheelchairs.
2. Cardio/respiratory impairment that is deemed safe for competitive athletics but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition.

WHY?

Like other MNHSL activities, there are conferences, standings and the possibility of playing in a state championship tournament and athletes will most like earn a LETTER!

COSTS?

\$120 - free/reduced lunch rates apply

CONTACT

Your case manager, your child's DAPE teacher and your school's Athletic Director should all be able to answer questions. Contact Kristi Carr, President of the Parent Group at 612-702-2770 or kjcarr2@gmail.com if you have any questions.

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