

SOUTH SUBURBAN JETS ADAPTED ATHLETICS



“WE ARE THE JETS”

Serving students in grades 7-12.
Students are in a cooperative league called “South Suburban” with students from Bloomington, Eden Prairie, Edina and Richfield School Districts.



**Floor Hockey: Winter
(Dec.-Mar.)**

What is Adapted Athletics

The Cognitively Impaired Division (JETS) is intended for students with developmental cognitive delays. There is both a Varsity and JV team. Practices and home games take place at the Jefferson Activity Center, 4001 West 102nd Street in Bloomington. Sports offered are co-ed soccer (fall), floor hockey (winter) and softball (spring). All sports are played indoors with modified rules to assure safety.

Minnesota Adapted Athletics Association describes the value of Adapted Athletics

Students with varying types of disabilities compete co-educationally while representing a combination of school districts. Students who participate on a school team assume an obligation to model exemplary behavior not only for themselves, but also for those whom they represent. Athletic awards earned by an athlete with a disability represent not only participation by the student in a specified amount of interscholastic play, but also good citizenship that is expected of all athletes. Adaptive athletics are intended to give student athletes the opportunity to discover and/or improve the following:

- Goal setting
- Pride and self-confidence

- Friendships
- Competitiveness
- Wellness
- Commitment and Dedication

Jets Schedule: Tuesdays and Thursdays

Fall (Sept.-Nov.) Soccer
Winter (Dec.-Mar.) Floor Hockey
Spring (Apr-May) Softball

Soccer: Fall (Sept-Nov.)



Soccer is the fall athletic sport. It begins the second week of school and ends with the state tournament in mid November. During this season, athletes are provided fundamental soccer instructions and the rules of the game. The game is played indoors on a regulation basketball court using a felt soccer ball. The game consists of two 20- minute halves with a 5-minute intermission. Seven players play at a time for each team including a goalie.



Floor hockey is the winter athletic program. Floor hockey usually begins the week after Thanksgiving and continues until mid March with the state tournament where we are the host school. Athletes receive practice and instructional time where they learn the rules of floor hockey, how to pass and shoot a puck and how to defend against their opponents. Floor Hockey is played indoors on a regulation basketball court using a felt puck, graphite sticks and a hockey helmet. The game consists of 3 15-minute periods with 3-minute intermissions. Each team plays 6 players at a time with a goalie.



Softball: Spring (Apr.-May)



Softball is the spring athletic program. This sport begins after spring break in April and ends with the state tournament towards the end May/early June. During this season, athletes are provided time for practice and instruction on how to throw and catch a ball, how to field, how to hit and how to run the bases. The game is played indoors and usually consists of two regulation size basketball courts. The game is not timed; rather it consists of 7 innings. Each team plays 10 players at a time. Why should I join the Jets Program? All four public schools embrace athletes with disabilities.

Why Should I Join?

Pep rallies, school newspaper, year-end-banquet, yearbook entries, trophies, and team pictures parallel a typical student athlete experience. Student athletes may earn awards, school letters, All

Conference Team and Minnesota State High School League All Tournament Team recognition:

- Team jerseys are provided
- Athletes have the ability to order South Suburban Jet Athletic apparel
- We have an end of the year banquet for all athletes and parents.
- We have adapted athletic night at Target Field for a Twins game where we get to walk on the field prior to the game.
- Most importantly...Friendships

The South Suburban JETS have a new website where you can access their calendar with practice and game schedules along with more information about the adapted program. Below is the link:

If more information is needed about the program, please contact Varsity Co-Head Coach Aaron Walton at awalton@isd271.org or by phone at (952) 806-7826

GO JETS!!

