Ohio Inclusive Sports Project: Impact

September 2026

Resources Developed



- Needs assessment report
- 5 fact sheets about inclusive sports in Ohio
- Introduction to inclusive sports webinars
- Online training with 5 modules
- 2 in-person skills trainings with follow-up technical assistance calls
- Implementation guide

Training Topics

- Adapting Sports for Inclusion
- Inclusive Sports Coaching
- Individualized Planning and Support
- Community Building
- Communication

Training Reach

79 participants attended informational webinars on inclusive sports

60 participants enrolled in online training

23 participants completed additional in-person training

Training reached a wide range of school-based and community professionals who are motivated to make big changes in their communities.

Professionals Reached

- K-12 coaches
- K-12 physical education teachers
- Student adaptive physical education teachers
- Recreation therapists
- Physical therapists
- Student physical therapists
- Self-advocates with disabilities
- Family members of youth with disabilities
- Special education teachers
- Public health professionals

Training Impact

Online Training:

94% Of completers feel more confident working with athletes with disabilities after the training

Positive **shift in attitudes and understanding about disability** after training

In-Person Skills Training:

100% Feel **more confident** working with athletes with disabilities after the training

Several participants formed coalitions to create new inclusive sports opportunities in Athens and Franklin County's

Impact of "Athens Inclusive Sports Sampler":

- Fall 2025: played basketball, volleyball, football, and pickleball
  - » 11 youth with disabilities **(55%)**
  - » 9 youth without disabilities **(45%)**
- Spring 2026: played basketball, soccer, baseball, and wheelchair football
  - » 17 youth with disabilities **(85%)**



Athens Coalition Partners:

Southeast Ohio Center for Independent Living

Athens City-County Health Department

Athens Community Center

Ohio University Department of Physical Therapy

Ohio University Patton College of Education



Local Adaptive Physical Education teachers/coaches

Participant Impact

"I think one of the greatest takeaways I got from this training is that a lot of the things I already do in my classroom can be carried over into facilitating a sports program within my school and school district"
-Coach participant from the Ohio Inclusive Sports training

"I am super impressed and excited – pumped about this whole thing and to see families showing up like other families show up for sports – GOOSEBUMP GOOD!"
-Parent participant of Athens Inclusive Sports Sampler Fall 2025

And then it was also really fun to see them realize that they can do things they haven't done before. Like I saw some kids all of a sudden hitting a baseball and they didn't even realize they were going to hit the ball and they're hitting it really good. And then they kept looking at their parents like super excited. And it was just really cool."
-Coach Athens Inclusive Sports Sample Spring 2026



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Ohio Colleges of Medicine Government Resource Center

Ohio Developmental Disabilities Council

Ohio Inclusive Sports