

# Team COA

Dear Parent/Guardian:

Your youth has an opportunity to participate in an Experience Based Learning Program with Team COA, llc . Our program places groups in problem solving, interactive, team challenges. The group works together to reach a goal or solve a challenge. Experiences are discussed as a group and lessons learned often apply to life situations at home and school. We incorporate reflection and mindfulness as they interact with their peer group.

Safety is the primary concern for the day. Our staff will monitor the team's safety and adjust activities as needed. Youth will be instructed in our **“Respect” safety guidelines , which focus on Respect for Self and Respect for Others.** We will also discuss Respect as it relates to equipment, environment and other areas. All rules that your school or organization follows, will be expected at our site as well.

We encourage Respect of each other and “Your Challenge, Your choice” philosophy. Our Team COA facilitator and other youth peers will encourage, but each individual has the final say in how they participate. Activities do not require athletic ability such as speed, strength or endurance. Group activities are designed to allow everyone to participate in some way. At times, the group will need to think and plan a way for everyone to finish. If your youth wants to participate non- physically in an activity, they can find other ways to be part of the group, such as timekeeping, coaching, ropes assist or leading the group's planning. The goal is to keep everyone involved. Many of our sessions are specifically designed to develop a sense of team. Some of our anti-bullying and teambuilding sessions are coordinated to allow youth to interact and have fun with others that they might not know very well. **This is a cooperative program, not a competition.**

People of all ages and abilities have performed the activities your youth will experience. While at times challenging both mentally and physically, with creativity, problem solving and team support all participants can succeed. ***\*If your child has any specific needs, ability concerns or recent injuries, please indicate on the registration / health forms. Please contact our office prior to the program day to discuss any questions, concerns or special requests.***

The program takes place both indoors and outdoors. Please have your child dress appropriately with solid closed toe and heel shoes ( if possible- do not wear flip flops or slip-ons with open backs ) A jacket for outdoors is helpful on cold days.

We look forward to working with your youth as they gain better understanding of each other and develop their communication and problem-solving techniques. Along the way, they might discover their own and others hidden skills!

**Ask your child to share examples of positive steps they or others made during this day!**

If you know if a group of youth or adults that could benefit from an interactive session at their school office or meeting center- please email us at our contact email addresses below.

Thank you ! Sincerely,

Team COA, llc [www.coaprograms.org](http://www.coaprograms.org)