Athletes Helping Athletes

Welcome to our 18th Season!

CREATING A WORLD OF BROADER ACCEPTANCE FOR ALL...

AHA GUIDEBOOK

2019
2020

OUR MISSION

OUR MISSION AT ATHLETES HELPING ATHLETES
is to connect local athletes with special needs
with mainstream student-athletes
in a spirit of friendship for their mutual benefit,
inspiration and respect.

ATHLETES HELPING ATHLETES, INC.
P.O. BOX 172
RICHBORO, PA 18954

@AHA_INC
@ATHLETESHELPINGATHLETES
#AHAINC

AHA IS A 501 (C) 3 ORGANIZATION
EIN: 26-2917842

NOTE:
ALL ATHLETES MUST HAVE COMPLETED WAIVER FORM
WWW.ATHLETESHELPINGATHLETESINC.COM/FORMS.PHP

ABOUT US

WE AT ATHLETES HELPING ATHLETES BELIEVE
that a world of greater acceptance for all
can begin with our children.

We focus on bringing typical students and students with special
needs together to share athletic experiences, as well as raising
self-esteem and building lasting friendships.

In doing so, everyone grows in their
compassion and mutual respect
for one another.

ABOUT US

AHA EXISTS TO BETTER THE LIFE OF ATHLETES WITH SPECIAL NEEDS

WE PROVIDE FUNDING TO SPECIAL NEEDS ORGANIZATIONS

throughout Bucks County and surrounding areas that offer a place for athletes with special needs to fulfill their desire to participate in sports

WE BUILD AWARENESS AND COMMUNITY SUPPORT

for the inclusion of athletes with special needs
in school athletic functions, as they serve
as Honorary Team Captains for participating teams

ABOUT US

WE HOST EXTRACURRICULAR EVENTS AND ACTIVITIES
to provide opportunities for athletes and coaches
to come together with athletes with special needs
to share athletic experiences and their love of sports.
At the same time they are developing compassion, establishing
mutual respect, and, most importantly,
HAVING SOME FUN!

SINCE OUR FOUNDING IN 2002, WE HAVE RAISED HUNDREDS OF THOUSANDS OF DOLLARS FOR CHARITIES AND ORGANIZATIONS THROUGH OUR SPONSORED EVENTS, INDIVIDUAL TEAM DONATIONS, AND IN-KIND DONATIONS

OUR FUNDING

AHA IS ABLE TO CONTRIBUTE TO OUR COMMUNITY THROUGH GENEROUS FUNDING

18TH ANNUAL BENEFIT GOLF OUTING

SUNDAY, SEPTEMBER 29TH, 2019

9TH ANNUAL BEEF & BEER

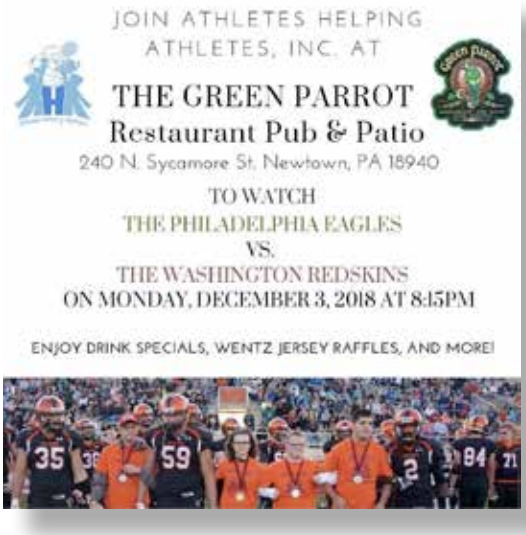
JANUARY, 2020

- CAR WASHES
- BAKE SALES
- 50/50'S
- DRESS DOWN DAYS
- BE CREATIVE!

ALL THROUGHOUT OUR 18TH SEASON

OUR FUNDING

amazonsmile



OUR DONATIONS

AHA HAS CONTRIBUTED HUNDREDS OF THOUSANDS OF DOLLARS SINCE 2002 SUPPORTING MANY LOCAL SPECIAL NEEDS ATHLETIC ORGANIZATIONS

OUR FOUR EQUESTRIAN SPECIAL NEEDS THERAPEUTIC RIDING STABLES

IVY HILL
PARKWOOD
PEGASUS
SPECIAL EQUESTRIANS

ANNUAL DONATION DAY-MARCH
SATURDAY, MARCH 16TH, 2019

OUR DONATIONS

THE MIRACLE LEAGUE – BASEBALL

HOPES & DREAMS FOUNDATION

THE ARC

THE MIRACLE LEAGUE – PLAYGROUND

OUR DONATIONS

ENABLE SPORTS AND FITNESS

TENNIS BUDDIES SQUAD

HAPPY VALLEY BEAVERS

BUCKS COUNTY ADMIRALS ICE HOCKEY

OUR DONATIONS

SPECIAL OLYMPICS OF BUCKS COUNTY

COMPREHENSIVE LEARNING CENTER
– ATHLETIC GYM EQUIPMENT

AHA CLUBS

OUR PURPOSE: TO JOIN AND ASSIST STUDENTS WITH SPECIAL NEEDS IN ACTIVITIES AND PROGRAMS INVOLVING ATHLETICS.

OFFICERS:

CLUB ADVISOR:

(FACULTY OR STAFF MEMBER)

President, Vice President(s), Secretary, Treasurer, and Photographer.
Positions can be adjusted to meet the needs of your specific school.

STUDENT PRESIDENT:

- The main communication line with the Club Advisor and the AHA President
- Run meetings with a clear agenda
- Oversee/assist in responsibilities for all of the other officers and members.

STUDENT VICE PRESIDENT:

(May have multiple VP's: Especially underclassmen to move up the following year)

- Organize and assign volunteers for Honorary Captains, fundraisers, and "fun day/fun night" events

CLUB ADVISOR / MODERATOR:

- Maintains regular contact with designated AHA Staff Members regarding club related affairs. (meeting minutes, questions, upcoming plans, fundraising etc.)
- Acts as a liaison between the Club, School Administrators, and the AHA President
- Meets regularly with President and other officers as needed.

NOTE:

ALL VOLUNTEERS SHOULD COMPLETE 2019/2020 VOLUNTEER WAIVER FORM
WWW.ATHLETESHELPINGATHLETESINC.COM/VOLUNTEER.PHP

STUDENT SECRETARY:

- Keep minutes of meetings, and make copies for AHA Club Advisor and AHA President

PHOTOGRAPHER/VIDEOGRAPHER:

- Assign a photographer and/or videographer for each game or any activities involving AHA volunteers or Honorary Captains
- Communicate with designated AHA Staff Member to upload photos/videos to AHA Facebook or Instagram account
- Upload photos/videos to School or Team website

STUDENT TREASURER:

- Keep a detailed spreadsheet of any funds raised and share with Officers/Club Advisor (i.e. 50/50 at a specific game, or car wash)

AHA CLUBS

STARTING YOUR AHA CLUB

1.

Contact Mr. Leonetti, President of Athletes Helping Athletes. Let him know that you are interested in starting an AHA Club at your school.
Together, you can discuss the process of starting the club and how we can guide and support you moving forward.

- Be in regular contact with Mr. Leonetti and other AHA Staff Members to update them on your progress as you develop your AHA Club.

2.

Contact your school's Principal and Athletic Director.
Explain the organization and ask to have a meeting with them to discuss your vision for your AHA Club.
Make sure to bring information about the club with you to the meeting i.e. pictures, PowerPoint, brochures, links to our AHA Facebook page, videos, etc.

3.

When you get approval from the Principal and Athletic Director, contact the school's varsity coaches directly.
Again, explain the club and the different events that we host.
Meeting with the coaches is also a good idea so that you can discuss the club in person. Coaches drive player enthusiasm and participation.

4.

Publicize your club. Inform and recruit students to participate in AHA events at your school.
It is important to rally fellow students, friends and athletes to support you when launching your AHA Club.

5.

Contact your Athletic Director about attending any of the coaches meetings that the school will be having in the future. Oftentimes the Athletic Director will lead a fall, winter, and spring coaches meeting before the seasons begin to go over important information. These meetings are a great way to sell your AHA Club!

STARTING YOUR AHA CLUB

6.

Spread awareness about AHA. You can hang flyers, set up a stand at an involvement fair, or broadcast information about the club over the morning announcements. Anything that you can do to recruit more volunteers and spread awareness will be helpful moving forward!

7.

If you get positive feedback from coaches, then you should begin to develop a list of potential dates (varsity home game days) for Honorary Captain events. It is also important to ask if the team would like to be involved with any of the Fun Nights that AHA hosts throughout the year. Contact AHA to set up or take part in a Fun Night.

- Develop a structure for how the Honorary Captain events will play out. Ask for coach input for each team to determine what they would like to do with the HC. Involvement in the coin tosses, sitting behind the bench or on the sideline during the game, being a part of the pregame huddle, etc. are all great ways to keep the HC involved in his/her scheduled game.

8.

Assign several AHA Volunteers/Club members to act as Host at each of the designated home games. These Hosts will greet and spend time with the HC throughout the event.

- Confirm Hosts and HC families attendance prior to each game.
Coordinate with AHA Staff.

9.

Hold your first interest meeting.

- Collect emails of interested members so you have a way to contact all of the club volunteers.

- Create an Excel spreadsheet for all Club members and volunteers that includes:
  - Class Year
  - Sport / Activity
  - Personal & Parental email
  - Personal & Parental Cell Phone #
  - Tee Shirt Size
  - Create an Instagram account or Text chain.

- Communicate information on upcoming events and/or outside volunteer opportunites through your chosen media.

AHA HONORARY CAPTAINS

THE AHA HONORARY CAPTAIN PROGRAM IS THE FOUNDATION OF ATHLETES HELPING ATHLETES

WE STARTED WITH OUR COUNCIL ROCK NORTH FOOTBALL TEAM IN THE FALL OF 2002.

People Next Door

Athletes Helping Athletes

Players lend hand to Special Olympians

Peter Brill and Dan Gibson were our first Honorary Captains

ONE OF THE WAYS AHA PROVIDES AWARENESS AND SUPPORT OF OUR SPECIAL NEEDS COMMUNITY IS THROUGH OUR AHA HONORARY CAPTAIN PROGRAM

17 years later, Dan and Peter once more were honored as they joined family and friends and threw out the first balls for the Backyard Battle between CR North and CR South at the Trenton Thunder Park

AHA HONORARY CAPTAINS

When our Athletes with special needs serve as Honorary Captains (HC) for our High School and University teams, each child is given the opportunity to be introduced before the game in front of a cheering audience.

They may hang out with the team/players and participate in pregame events, such as the coin toss and captains huddle.

Our Athletes with special needs love being a part of the program and the bonds that are formed between everyone involved are truly something amazing to witness.

AHA HONORARY CAPTAINS

@ THE GAME

1. Honorary Captains are chosen and invited to HOME Varsity/College sporting events.
AHA supports Basketball, Football, Soccer, Softball, Baseball, Volleyball, Field Hockey, Ice Hockey, Tennis, and Lacrosse.

AHA Club officers supply the script to the PA announcer to properly introduce the HCs before the game. AHA will supply original copy.

2. The HC family is asked to arrive 30 to 45 minutes before the game.

3. An AHA club member, teacher or parent will greet the HCs when they arrive. They may be greeted by a player from the hosting team if they are not busy preparing for the game.

4. HCs will receive an AHA T-shirt and an AHA Honorary Captain's Medal.
These will be presented to the HC by team captains, team parent, host, or a coach.

5. The Honorary Captains are escorted onto the field/court by the team captains, cheerleading captains, AHA volunteers, or coaches.
Pictures are taken on the field/court during the ceremony.

6. In Football, the HCs should be ready at the 50-yard line 8 minutes before the game. They will hold hands with the team captains as they walk out for the coin toss.
The hosts follow them out at a distance.
After the coin toss, hosts and HCs will either stay on the sideline, around the 30-yard line away from the player's bench; a safe distance away from the playing field or in the student section of the stands

7. In Basketball, the HCs stand at midcourt for the pre-game instructions with both teams' captains and coaches.
Then they will stand with the head coach, near the bench for introductions of both teams starters receiving high fives from all 10 starters.

NOTE:

ALL POTENTIAL HCS MUST HAVE COMPLETED WAIVER FORM
WWW.ATHLETESHELPINGATHLETESINC.COM/FORMS.PHP

AHA HONORARY CAPTAINS

@ THE GAME

8. After the introductions, the HC sits in the stands with the hosts assigned by the AHA Coordinator.

NOTE: AHA does not recommend HCs sitting on the bench for safety purposes.

9. In sports like Football, Soccer and Lacrosse, the HCs stay on the sideline with the assigned host and AHA volunteers. They stay apart from the players bench and 20 to 30 yards behind the play on the field. If standing on the field does not seem like a safe option, the HC can sit in the stands with the volunteers.

10. If allowed by the family, the HCs should be offered a free snack just prior to the halftime "rush."
This is arranged with the snack shack prior to the game.

11. In Basketball, usually JV players, or you, as the AHA host, take the HCs on the court to shoot around at halftime.

12. The HCs and their families may leave the game at any time they decide.

FUN DAYS/FUN NIGHTS

AHA FUN DAYS & NIGHTS ARE...FUN!
WE HAVE CARNIVALS, LUAUS, BEACHPARTIES & PROMS...
SANTA, SPRING TRAINING, SOCCER, FOOTBALL, BBALL & HALLOWEEN TOO!

FUN DAY/NIGHTS ARE ANOTHER WAY AHA CONNECTS MAINSTREAM ATHLETES WITH OUR ATHLETES WITH SPECIAL NEEDS.

FUN NIGHTS RUN FOR ABOUT 90 MINUTES AND CAN BE SINGLE-SPORT ORIENTED OR A VARIETY OF STATIONS.

STEPS TO RUNNING A FUN DAY/FUN NIGHT CLINIC:

1. Decide with your AHA club if you would like to focus on a single sport or have a variety at your Fun Night Clinic.

- For example, you might choose to run a football fun night that includes stations for passing, rushing, kicking, cheerleading, tackling, bean bag, etc.

Or, you also may choose to have a fun night that includes several stations from different sports like soccer, football, basketball, golf, bean bag toss, etc.

2. Work with your AHA Club Advisor to find potential dates for your Fun Night. Make sure this process is in line with the school facility schedule and the AHA event schedule.

COMMUNICATION BETWEEN THE AHA CLUB PRESIDENT, MR. LEONETTI, THE CLUB ADVISOR, AND SCHOOL ADMINISTRATION IS KEY.

3. Once a date has been scheduled, hold a meeting with the AHA Club and recruit volunteers.

- Confirm specifics with Mr. Leonetti
- Assign volunteers to run the stations for the event and to act as buddies, traveling with a group of athletes from station to station.

4. Reach out to parents of club members to assist in setting up and manning food and refreshments areas
They may also help breaking-down at the end of the event.

FUN DAYS/FUN NIGHTS

5. Club officers decide which stations you would like to have at your fun night.

Secure the needed equipment for each station from club members or school sports coaches.

6. Once Mr. Leonetti has the list of participating athletes, assign volunteers to stations and/or to small groups of athletes.

- Make sure to keep a "reserve" list if you have extra volunteers. It is likely that someone may not be able to come last minute!

7. Set up the fun night in a diagram, and assign groups of athletes and volunteers.

8. Send out an E-Flyer to your Club and post it on our Facebook Page.

9. Create a minute-by-minute schedule of stations and rotations, and make the movement pattern clear.

10. Most of all have FUN!

FUN DAYS/FUN NIGHTS

VOLUNTEER GUIDELINES

1. When your Athlete needs to use the restroom Do NOT take them to the restroom yourself.

Locate their parent/guardian and let them know their Athlete needs to use the restroom.

If you cannot find the parent, find Mr. Leonetti or one of the other adult AHA Staff Members to assist you.

2. Keep your athlete involved in the activity.

Some of our athletes have the tendency to stray.

Do your best to keep them involved with the assigned activity.

Be alert to which station your athlete has next. Move them to the station as it is announced.

3. Make this about them

This probably does not need to be said but make sure you are giving your full attention to your athlete.

This is important for a couple of reasons, first and most important is their safety.

There will be a lot going on during the Fun Nights and it is important that we are watching out for balls and other people that may come near your athlete during the stations.

4. In the unlikely event that an Athlete makes physical contact with you other than a high-five or other normal things that we do when we celebrate their efforts, or in any way makes you feel uncomfortable, go directly to Mr. Leonetti or one of the other adult AHA Staff Members and make them aware of the situation.

5. Please stay off of your phone.
Unless you are taking pictures to post on our social media outlets:

Facebook:	www.facebook.com/AHAInc/
Twitter:	@AHA_inc
Instagram:	@athleteshelpingathletes #ahainc

ALWAYS BE ENCOURAGING!
CHEER LOUD! HIGH-FIVE
MOST IMPORTANTLY, HAVE FUN!

WHERE TO FIND US

WEBSITE:

WWW.AHA-INC.COM
FIND VOLUNTEER FORMS, UPCOMING EVENTS, RECENT VIDEOS, AND MUCH MORE ON OUR WEBSITE!

FACEBOOK:

WWW.FACEBOOK.COM/AHAINC/
BE SURE TO "LIKE" OUR FACEBOOK PAGE TO SEE ALL OF THE PICTURES AND VIDEOS FROM OUR EVENTS! INFORMATION ON UPCOMING EVENTS IS OFTEN POSTED HERE, AS WELL!

TWITTER:

@AHA_INC
SEE HIGHLIGHTS AND PICTURES FROM EVENTS! YOU CAN EVEN FIND OUR INDIVIDUAL SCHOOL CLUBS' ACCOUNTS THROUGH OUR RE-TWEETS!

INSTAGRAM:

@ATHLETESHELPINGATHLETES
#AHAINC
SOME OF THE BEST PHOTOGRAPHS FROM ALL OF OUR EVENTS ARE SHOWCASED HERE!
JOIN IN THE FUN BY USING #AHAINC WHILE POSTING, AND CHECK OUT THE HASHTAG TO SEE PHOTOS THAT OUR VOLUNTEERS HAVE TAKEN!

OTHER SCHOOLS INSTAGRAM EXAMPLES:

ARCHBISHOP RYAN	@AR_AHACLUB
ARCHBISHOP WOOD	@WOOD_AHA
CB EAST	@CBEAST_AHA
COUNCIL ROCK NORTH	@CRN.AHA
COUNCIL ROCK SOUTH	@CRSOUTHAHA
SAINT HUBERT'S	@SHHS.AHA
DREXEL UNIVERSITY	@AHA_DREXEL
LA SALLE UNIVERSITY	@LASALLE_AHA
PENN STATE	@PSU_AHA
TEMPLE	@_AHA_TU

OUR PARTNERS

AHA PARTNERS WITH ORGANIZATIONS THAT SUPPORT OUR MISSION

MFC FOOTBALL

MAXWELL FOOTBALL CLUB

WWW.MAXWELLFOOTBALLCLUB.ORG

CLASSIC ROCK AUTO DETAIL **(267) 679-8831**

741 SECOND STREET PIKE, RICHBORO

CLASSIC ROCK AUTO DETAIL

PLATINUM SERVICE	SUV	$180.00
	CAR	$150.00 ALL TAXES INCLUDED IN PRICES

WASH EXTERIOR, CLEAN & WASH DOOR JAMBS, POLISH AND HAND WAX, DRESS TIRES, DRESS PLASTIC/VINYL, CLEAN WINDOWS INSIDE AND OUTSIDE, SCRUB RIMS/TIRES, BUG AND TAR REMOVAL, SHAMPOO UPHOLSTERY, SHAMPOO FLOOR MATS, SHAMPOO CARPETS, REMOVE DIRT FROM HARD TO REACH PLACES, REMOVE DIRT FROM CONSOLE.

GOLD SERVICE	SUV	$80.00
	CAR	$50.00

WASH EXTERIOR, POLISH AND HAND WAX, DRESS TIRES, CLEAN WINDOWS OUTSIDE, SCRUB RIMS/TIRES.

ONE HIT WONDER	SUV	$25.00
	CAR	$20.00

HAND WASH EXTERIOR, CLEAN OUTSIDE WINDOWS, AND VACUUM

"Our staff is made up of many wonderful adults with different abilities!"

WWW.CLASSICROCKAUTODETAIL.COM

WE THANK THEM IN HELPING US HELP OTHERS

Athletes Helping Athletes

NOTES

DRAW ME!

LET'S SEE YOUR VERSION OF OUR LOGO
TAKE A PICTURE WITH YOUR PHONE .

POST TO OUR INSTAGRAM:
@ATHLETESHELPINGATHLETES