



MINDFUL MOVEMENTS

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info@dairylandsports.org

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Learn About Dairyland Sports

Dairyland Sports - Sport, Fitness, & Recreation for ALL Abilities

Dairyland Sports is a charitable non-profit organization with a mission to engage and empower individuals of all ages, physical abilities, and experiences to improve their health and well-being through participation in sport, fitness, and recreation. We work diligently to advocate for the inclusion of individuals with physical disabilities in sport & fitness opportunities, educate about the importance of adaptive sports in our communities, and create specialized & innovative sport & fitness programming for athletes in Wisconsin and across the Midwest. Ultimately, Dairyland Sports serves as the “central hub” for all Wisconsin adaptive sports – a place where athletes and families can freely connect and engage with our adaptive sports partners in Wisconsin to achieve both their personal and athletic goals, whether big or small!

A Story of Success

Dairyland Sports was officially incorporated as a tax-exempt 501(c)3 organization in December 2017, however, our executive leadership team was established well before that time. In May of 2016, our team collaborated with Adaptive Sports USA (now *Move United*) to create the Dairyland Games – Wisconsin’s first and only regional event allowing athletes with physical disabilities the opportunity to qualify for Move United Junior Nationals. The first Dairyland Games was held at Sauk Prairie High School with 16 athletes competing in track and field events. Only four years later in 2019, Dairyland Games proudly served over 75 adaptive athletes from 8 states across the Midwest offering events in swimming, archery, track, field, and a wide variety of free interactive clinics and exhibitions including para taekwondo, wheelchair basketball, cheerleading, and more!

Due to the tremendous growth and support we have received in only a few years of hosting the Dairyland Games, our team recognized the need to establish a nonprofit organization to expand our mission and make an even bigger impact on the local and national adaptive sports community. Most importantly, we hope that all athletes are able to make meaningful connections with other athletes, families, and community members while enjoying the physical, social, and emotional benefits of participating in our programming. We hope you will consider joining “Team Dairyland” to keep our mission moving forward!

Get Involved

Dairyland Sports proudly offers the following programs on an annual basis:

- Mindful Movements - Group fitness & sports performance training for all abilities
- Dairyland Games - Wisconsin’s only regional qualifier for Move United Junior Nationals
- MadCity Invitational - NWBA sanctioned wheelchair basketball tournament - coming in 2022!
- Service-Learning Program - Volunteer projects via UW Madison Physical Therapy Program
- Education & Advocacy - Consult with our team to find local adaptive sports resources & organizations in your own community!

Mindful Movements - Schedule of Events

The Mindful Movements program will be available **in-person** this year, thanks in large part due to our partnership with UW Health! Mindful Movements fitness sessions will take place at [UW Health at The American Center](#) (4602 Eastpark Boulevard, Madison, WI 53718) every Friday evening from 6:30 - 7:30 pm in the east Clinic & Sports Performance Facility. Please click [here](#) for a general map of the building, including spaces available for parking.

Additionally, we will release **FREE** mental skills training videos and educational content from [The Mental Clutch](#) every 2 weeks to help you better learn and grow your mental skills for sport & fitness.

We understand that every person has different needs, desires, and comfort levels for participating in a fitness program, so we designed the Mindful Movements program to meet the needs of ALL! **Whether you are new to fitness or an experienced athlete, Mindful Movements offers something for everyone in an environment that is inclusive, individualized, and welcoming of all abilities.**

*****All times are in Central Standard Time (CST)*****

January 28, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

February 4, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

February 9, 2022 - Mental Clutch, Video #1 – “Start the Why”

February 11, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

February 18, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

February 23, 2022 - Mental Clutch, Video #2 – “Exterminate your ANTS”

February 25, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

March 4, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

March 9, 2022 - Mental Clutch, Video #3 – “Slow Down to Speed Up”

March 11, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

March 18, 2022 - 6:30 - 7:30 pm @ UW Health - The American Center (East Wing)

March 23, 2022 - Mental Clutch, Video #4 – “Bouncing Back”

March 25, 2022 - Participation points, donor pledges, & feedback survey is due!

**Email donor pledge forms to info@dairylandsports.org

March 27, 2022 - Final points tallied - winners of Amazon gift cards announced!

Earn Points and Win Prizes!

Earn Points and Climb the #TeamDairyland Leaderboard - win Amazon Gift Cards!

Points will be awarded to each participant based on level of participation in the Mindful Movements program, with the **top 3 point-earners each receiving an Amazon gift card!** Make sure to read below to find out how to earn points & climb the #TeamDairyland leaderboard which will be updated on our social media page each week! The more you participate, the more points you earn!

Here are the following ways you can earn & track points:

- 1. Participate in your weekly group fitness workout with our Certified Inclusive Fitness Trainer, Austin Schyvinck, at UW Health – The American Center.**

10 points per session, 80 total points available



- 2. Provide brief reflections on the mental skills training videos presented by Certified Mental Performance Consultant, Jenna Fuchs, from The Mental Clutch.**

12 points per reflection, 48 total points available



- 3. Post a picture of yourself on social media using your Mindful Movements Workout Kit and tag Dairyland Sports (@TeamDairylandWI) using the hashtags #TeamDairyland #MindfulMovements**

****If you don't use social media, you may email pictures to info@dairylandsports.org**

8 points per post/email (2 max), 16 total points available



- 4. Recruit up to 5 people to support your involvement in the Mindful Movements program via the Donor Pledge Form (see next page) – *Donor Pledge forms due March 25, 2022!***

5 points per donor, 25 total points available



- 5. Complete the feedback survey at the conclusion of Mindful Movements – *feedback survey due March 25, 2022!***

10 points for completing feedback form, 10 total points available



****A Dairyland Sports team member will be closely tracking points throughout via checking attendance, reviewing written reflections, checking social media pages, etc. You do NOT need to track your own points unless you want to****

My Points: _____

Total Available Points: 179

Mindful Movements Donor Pledge Form



PO Box 45736
733 Struck Street
Madison, WI 53744

“Engage & empower individuals of all ages, physical abilities, and experiences to improve their health & well-being through participation in sports, fitness, & recreation.”

If you are receiving this Mindful Movements Donor Pledge Form, **congratulations!** I have specifically selected **YOU** to support my participation in the Mindful Movements program, presented by Dairyland Sports! Mindful Movements is a group fitness & educational program designed to meet the needs of individuals with diverse physical abilities. Mindful Movements offers weekly group fitness & performance training sessions at UW Health The American Center state-of-the-art facilities, mental skills training educational videos, opportunities for social engagement with peers, chances to win prizes, and more!

I am asking for your support via a small donation as I work to improve my fitness, health, and well-being by participating in the Mindful Movements program. Each week I have the opportunity to improve my fitness & earn points towards prizes through participation in:

- Weekly group fitness & sports performance training sessions, hosted by Certified Inclusive Fitness Trainer, Austin Schyvinck
- Weekly mental skills training videos & educational content on topics of mental strategies in sport, teambuilding, motivation, building confidence, etc. – presented by Certified Mental Performance Consultant and Founder of The Mental Clutch, Jenna Fuchs
- Home exercise programs developed by University of Wisconsin Physical Therapy students
- And **SO** much more! This is an opportunity to have fun, receive a free athlete workout kit, meet other individuals with diverse abilities in my community, and to grow as a person and an athlete!

A small donation made in honor of my participation in the Mindful Movements program would go a long way in helping Dairyland Sports continue to provide year-round programming. **I would greatly appreciate your consideration in making a pledge today to donate \$0.25, \$0.50, or \$0.75 for every point I earn (max 179 points) during my participation! 100% of all donations go directly towards Dairyland Sports programming & adaptive athletes.** Make your pledge below!

MINDFUL MOVEMENTS DONOR PLEDGE:

In recognition of _____ participation in Mindful
(Participant/Athlete Name)

Movements presented by Dairyland Sports, I, _____,
(Donor Name)

pledge to donate (circle or highlight) \$0.25 / \$0.50 / \$0.75 for every point that the participant earns

throughout the program (maximum of 179 points). I understand that a Dairyland Sports team member will contact me for the requested donation when total points are tallied and the program has concluded.

Donor Phone Number:

Donor Email:

****Please email this completed form to info@dairylandsports.org by no later than March 25, 2022!****

Support Team Dairyland!

We are always looking for support from our local and surrounding community members to further the mission of Dairyland Sports. You can help us in a variety of different ways including tax-deductible donations, serving on our board, providing athlete referrals to our programs, volunteering at our events, or simply following us on our social media pages and advocating for individuals living with physical disabilities in your community.

If you do choose to make a tax-deductible donation to Dairyland Sports, you can do so in a variety of ways:

- Visit our website, www.dairylandsports.org and make a secure donation through our partners at Network for Good.
- Send a personal check to our business address:
 - PO Box 45736, 733 Struck Street, Madison, WI 53744
- Shop online at Amazon Smile and select Dairyland Sports Corporation as your charity of choice. 0.5% of all your purchases on Amazon Smile will be donated to our organization! (<https://smile.amazon.com/>)
- Contact our President & Co-Founder, Jacob Graboski (jgraboski@dairylandsports.org), if you would like more information on how to donate or if you have interest in sponsoring any of our programs.



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100% of all donations go towards supporting the mission of Dairyland Sports. Our board of directors & leadership team are proud volunteers with a passion to move Dairyland Sports forward in the local community and beyond!

