



Sports Inclusion and Accessibility Program - June 15, 2023

1- General description of the program

The Association de Soccer Mineur de LaSalle is a 1300 member sports club founded in 1986 and certified as a provincial license by Soccer Canada. The association offers summer and winter soccer to youngsters from the age of four up to adulthood. For nearly 15 years, the club has also been organizing summer soccer camps for youngsters aged 6 to 13 from LaSalle and the surrounding area.

One of our major objectives is to become a truly inclusive club, and we fight against all forms of discrimination. In fact, we're determined not to exclude any youngsters from taking part, and we're constantly adapting to demand by offering a range of sports to all youngsters according to their desires and abilities. To this end, for several years we have been developing initiatives to enable as many people as possible to play soccer, regardless of gender, sexual orientation, ethnic origin and, for the past few years, functional limitations or social status.

In fact, the program of inclusion through sports practice, imagined several years ago, became a reality during the summer of 2021 thanks to the financial support of the Town of LaSalle as part of its "Children's Policy", to our private partners such as the Caisse Desjardins de LaSalle as part of the "Community Development Fund" and, of course, to our Board of Directors, aware of the richness of diversity, and to our educators trained in the integration of minorities.

This program of inclusion through sport is aimed at the most vulnerable children, whether they come from underprivileged families, recent immigrants, suffer from mental deficiencies or have physical limitations, because it aims to make sport accessible to as many people as possible, over and above language barriers, physical or intellectual limitations, gender, social condition or ethnocultural origin, and so on.

We're also aware that the poverty rate in the borough of LaSalle is considered one of the highest on the Island of Montreal, and at our level, we want to considerably reduce inequalities to make soccer accessible to all. Thanks to the financial support of our public and private partners, we are able to offer very attractive rates to the most vulnerable families.

2- Part 1: Inclusion of all young people in summer camps

During the 8 weeks of summer, young people join the camps and practice in total inclusion in a group of young people where the values of sport are conveyed (tolerance, respect, sharing, honor, courage, etc.) in order to break the isolation but not only because a regular sporting activity contributes to good physical and intellectual development, limits the risks of childhood obesity, favors autonomy and socialization, develops interpersonal and intrapersonal emotional skills, improves self-esteem and self-confidence, etc.





a- Inclusion of young people from vulnerable and/or newly-immigrated families

Because a child's social status should not be a barrier to participation, over the past three years we have developed a program to give everyone the same chance, and enable youngsters from the most disadvantaged families to play soccer for 8 weeks, 8 hours a day, for a symbolic fee of \$20 to \$40 a week, depending on family income and make-up (instead of the usual \$200).

The objectives of the program are, on the one hand, to offer these youngsters the chance to spend the summer on the soccer field with their peers, by integrating them into our regular camps, and on the other hand, to enable parents to pursue their professional activities with peace of mind, knowing their children are safely practicing their passion.

We work with the Marguerite Bourgeois School Board, via community workers in LaSalle schools, to offer more families the activity weeks reserved for young people from disadvantaged families.

In 2022, we offered 200 activity weeks to disadvantaged families. For the 2023 summer season, we plan to offer 250 weeks of activity, funds permitting.

b- Inclusion of young people with functional limitations

The Inclusion through Sport program also offers children aged 5 to 13 with functional limitations the chance to take part in a sporting activity adapted to their needs and supervised by educators trained and aware of the subject of inclusion through sport.

During the 8 weeks of summer, we will be offering 15 youngsters a week the chance to take part in our camps, mainly for soccer, but also for other activities such as swimming and badminton, for a total of 120 weeks of activity... These youngsters will be part of a regular, fully-inclusive group, under the full-day responsibility of a counsellor trained to meet their special needs. Sports activities will be supervised by soccer educators who are sensitive to disabilities and have received AlterGo training in welcoming youngsters with functional limitations. The educators will offer the youngsters a sports program adapted to their abilities and desires.

The sports inclusion program is aimed at young people with functional limitations such as intellectual disabilities, walking difficulties, autism spectrum disorders, etc., as it aims to make sports accessible to as many people as possible. We offer our summer camps to young people with functional limitations who are able to live together and integrate a regular soccer camp, while benefiting from support adapted to meet their specific needs.

We work with the services of CLSC LaSalle and CIUSSS, as well as Corporation Espoir and Groupement pour la Trisomie 21. The camps are offered to all families through various communication networks, some families register spontaneously via our website as our program is beginning to be recognized, and others are referred by social workers who make the link between the family and the LaSalle Soccer Club.

The aim of this program is to enable each youngster to spend his or her summer practicing his or her favorite sport like other children with no limitations, in a group where the values of sport are conveyed, including sharing and solidarity!





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3- Part 2: Inclusion of all young people in our regular activities

Because inclusion and the fight against discrimination and social inequality should not be limited to the summer period, we have developed complementary actions to offer these young sportsmen and women the chance to play soccer all year round in winter and summer, either recreationally or competitively, depending on their choice and potential.

We offer various activities throughout the year:

- Discovery days for adapted sports in the form of various soccer initiation workshops, as well as fun activities such as precision games and other sporting activities. The equipment used is adapted to the age and motor skills of the participants, and the traditional soccer ball can be replaced by a foam soccer ball...
- Inclusion in our summer and winter programs of young people with functional limitations, by offering trained supervision totally dedicated to young people whose pathology requires it. We raise subsidies to cover additional coaching expenses and offer preferential rates to underprivileged families, so that our young athletes with or without disabilities can continue to play their favorite sport regularly, just like other youngsters their age.

