

**Fieldtrip:** Courage League Sports

**Fieldtrip Address:** 4405 121st St. Urbandale, IA 50323

**Fieldtrip Phone Number:** 515-421-4021

**Website of Fieldtrip:** <http://www.courageleaguesports.org>

**Information about location:** Gym area, indoor courts, Fitness Stations

**What do KTC participants do at this location** Courage League Sports is a recreational adaptive sports facility specifically designed for children not able to go “full speed” due to disability, illness, or emotional challenges. All students play at everyone’s own skill level. We strive to ensure a positive recreational experience for all children and their families. We will encourage participants to have fun while exercising.

**Specific Items to Note:** Before we can begin our structures activity, instructions will be given by the Courage League Sports staff. Each group will rotate through stations staying at each one approximately 15 minutes. Examples of some of the station possibilities are basketball, soccer, volleyball, relay races, and many more. The KTC staff as well as the Courage League Sports staffs are actively engaged and supervising their areas. The children are escorted to and from the restroom by a staff.

**What if my child doesn’t want to play?** Students that don’t want to play can watch others or play card games that we will bring from site while sitting at the available tables and booths.

**Grade level:** K-5