Are you an administrator, coach or student looking to start a new Para sport program on your campus? This checklist is designed to help you get started.

☑ **Step 1: Identify the current adaptive sports footprint on your campus**
Identify what adaptive or Para sport programs may already exist and where there may be a need on your campus. Explore if your school has a population of disabled students who want to participate and talk to disability/accessibility services, fitness and recreation, and club sports to determine possible areas for partnership. Also, connect with disabled athletes and ask which additional sports they are be interested in.

☑ **Step 2: Research local and regional competitive opportunities**
Expand your research outside your campus by looking up community and regional adaptive sport competitions. Organizations like Move United may have local clubs in your area – and you can search their club map. Additionally, National Governing Bodies may know of local competitions in your area – see below.

☑ **Step 3: Identify the right sport**
Use your new knowledge to determine which sport may be a good fit for your campus. Consider if you have the necessary athletic facilities, whether there are potential athletes on your campus interested in participating, how near/far competitions are located, how many student-athletes are needed to launch the program and what funding is available (see "understanding the finances" on the start a program page).

☑ **Step 4: Contact your sport's NGB**
The NGB is an important resource as you navigate starting a program. With their help, you can glean insight on roster sizes, playing rules, equipment, facility information, competitive opportunities, and more.
- Common questions to ask the NGB administrator:
  o What type of space on my campus is best to host practices and competitions?
  o What equipment do I need and what are the cost estimates for today's standard equipment?
  o What are the rules or requirements? (how many players per team, field/court size, ball size, etc.)
  o Are there any other local competitions or teams in my area?
  o Are there any interested athletes or coaches in my area?
  o Is there seed funding available from your NGB or another organization that we should explore?
- NGB contact information: *Paratriathlon:* Lindsey Jerdonek, clubs@usatriathlon.org; *Para track and field:* Sherrice Fox, USParaTFInfo@usopc.org; *sitting volleyball:* Elliot Blake, sitting.volleyball@usav.org; *wheelchair basketball:* Brandon McBeain, brandonmcbeain@nwba.org; *wheelchair rugby:* Jen Allred, jena@lakeshore.org; *wheelchair tennis:* Jo Wallen, joanne.wallen@usta.coom.

☑ **Step 5: Identify where the program will live**
Para sport programs are housed under different areas of campus; therefore, you may need to reach out to several departments to find the best fit. The following are locations where existing programs are housed:
- **Recreational sports.** Programs primarily geared toward student-athletes with disabilities (wheelchair basketball, wheelchair tennis, etc.) may be housed in a campus recreation department.
- **Disability/accessibility services:** Any disability-focused department on campus may be interested in administering programs for students with disabilities.
- **Educational department:** University departments like kinesiology, human movement or athletic administration may already be working with sport-related groups on campus or in the community; check to see if they are interested in sponsoring a Para sport program.
- **Club sport programming.** Some schools may have specific club programs that are for students with disabilities; oftentimes these clubs are student-led and promoted to the full student body on campus.
- **Varsity intercollegiate athletics.** Some varsity programs may consider housing a Para sport program within their athletic department.