



Resources: Athlete FAQs – Adaptations Manual

Video Script and Commentary:

- Video opens with slide of NWABA logo and piano music in the background.
- Slide reading 'Athlete FAQ'. Voice over, "Athlete Frequently Asked Questions."
- Video transitions to Stacey Gibbins standing in center of shot with hands on her hips.
 - "Hello my name is Stacey Gibbins, I am the Senior Director of Programs and Services with Northwest Association for Blind Athletes. I am so excited that you are interested in joining us at NWABA. To kick off our introductory video, we would love you to hear about how NWABA started from our Founder, President, and CEO."
- Video transitions to Billy Henry standing in the center of the shot. The video shot changes periodically to different angles of Billy while he talks.
 - "My name is Billy Henry, I am the Founder, President and CEO of Northwest Association for Blind Athletes. Our mission is to provide life-changing opportunities through sport and physical activity to individuals who are blind or visually impaired. As someone who is visually impaired myself, I understand the benefits of participating in sport and physical activity. We are excited to introduce our video resource library to students, teachers, schools and communities all across the world. I founded the organization in 2007, when I was 15 because I wanted to participate in



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power lifting with my friends. I'm proud to say that we have gone from serving six students our first year out of my parents garage to having more than 1700 program and service interactions that improve the quality of life for children, youth and adults who are blind or visually impaired. Our mission is all about helping individuals who are blind or visually impaired build confidence, self-esteem, friendships and a sense of community and the skills, tools and resources that they need to achieve success in all areas of life. Our vision is to be the national leader in improving the quality of life for individuals who are blind or visually impaired. At the heart of our organization, we are focused on empowering people, providing an inclusive community of supporters, striving for excellence, being transparent about the work that we do and having a growth mindset in all areas of the organization.”

- Video transitions back to Stacey Gibbins. The video shot changes periodically to different angles of Stacey while she talks.
 - “Now that you know how we started and where we are going, I want to officially welcome you, as an athlete, to Northwest Association for Blind Athletes. You may be wondering, what does that mean? Sometimes the word athlete can be intimidating, but here at NWABA we find it empowering, at every age, stage and ability level in life, NWABA is here to empower you to succeed. Whether you are taking your first tandem bike ride, learning to swim or



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crossing the finish line on a dragon boat, our staff and volunteers will work with you to achieve your goals at every step of your journey. Did I say swimming? Tandem biking? Dragon boating? Yes, I did! We have over 15 sports available to you through our six core programs. To help you navigate the exciting new world of NWABA, I'm going to help answer some of our frequently asked questions."

- Video transitions to a slide that reads, 'How do I sign up to become an athlete?' Stacey reads this question as it appears on screen. Stacey then reappears on screen to answer the question.
 - "How do I sign up to become an athlete? All of our athletes must register on our website, over the phone, or electronically. Our registration form has a series of questions to get to know you and to make sure that you will be safe and supported while participating as an athlete. Once you are officially a registered athlete, you will receive an email from our staff within one to three business days. This email will introduce our organization and provide you with the athlete handbook. Once the athlete handbook is read and signed, the staff in charge in your area will send you a list of events. Fun fact; if you do not communicate electronically, we will telecommunicate. Make sure to check the box when registering of your preferred contact method."
- Video transitions to a slide reading, 'How do I sign up for an event?' Stacey reads this question as it appears on screen and then she reappears on screen to answer the question.



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- “How do I sign up for an event? Prior to signing up for any events, our athletes must register and sign the athlete handbook. Once these two steps are completed, you are able to sign up for events. When you decide on the events you would like to attend, you can contact the staff member who provided you with the list of events to let them know which ones you are interested in. Our list of events can also be found on our website at www.nwaba.org.”
- Video transitions to a slide reading, ‘When do I need to sign up?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “When do I need to sign up by? Athletes must sign up with an NWABA staff. Showing up to a pickup location will not guarantee participation in the event. Some special notes, some events will fill up faster than others. It is important to sign up early. If you need to cancel for any reason, we ask that you do so as soon as possible. 24 to 36 hours prior to an event is preferred, so that we can give your space to an athlete who may be on the waitlist.”
- Video transitions to a slide reading, ‘What event is right for me?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “How will I know if an event is right for me? When you register as an athlete, we will ask questions about where your fitness level is present day. Together we will determine where we should start on your journey. As NWABA has



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grown, so has our athlete skill level. In order to provide multiple options of programming that fit every age, stage and ability level, we have begun to introduce events with degrees of difficulty. To keep all of our athletes safe, successful, and challenged, our staff reserve the right to deny sign-up to an event if your skill level does not match the event degree of difficulty.”

- Video transitions to a slide reading, ‘Will someone be supporting me at the event?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “Will someone be supporting me throughout the event? The answer is yes, we have a minimum of two highly trained staff at every event. In addition, our volunteers are a wonderful resource of support, information, and skill to help assist our staff and athletes when needed at events. We have volunteers as tandem bike captains, referees, and lifeguards.”
- Video transitions to a slide reading, ‘Is transportation provided?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “Is there transportation? We provide a designated pick up location for most events. This pick up location is off major public transportation routes. NWABA will provide transportation to and from the pick-up location only.”



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- Video transitions to a slide reading, ‘What does each event cost?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “What does each event cost? Our staff work tirelessly to provide all of these opportunities to our athletes for no cost. For some programs, we may ask for a suggested donation, but it is not required.”
- Video transitions to a slide reading, ‘What else?’ Stacey asks this question as it appears on screen and she then reappears to answer the question.
 - “What else? Along with transportation, volunteers and a guaranteed great time, NWABA will also provide water, snacks, and the equipment needed for each event. This also includes safety equipment for each activity. It is a requirement to use NWABA’s safety equipment. Thank you for sticking with me throughout our frequently asked questions. Above all, NWABA programs and services enrich lives and provide opportunities for individuals who are blind or visually impaired. Our events are a wonderful way to build community in a positive, encouraging, active environment. We hope you will join us soon.”
- Video transitions to a slide reading, ‘For more, visit the sports adaptations page at www.nwaba.org. Thank you for watching’ and a voiceover reads the slide.
- Video slide changes to NWABA logo.