

# COUNT ME IN!

(Or how to Understand, Manage & Prevent  
Difficult Behaviour in Sport)



Ontario  
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Adaptive  
Competitive &  
Recreational  
Sport



Competitive &  
Recreational Sport

Created by Justine Simmons, B.Ed.

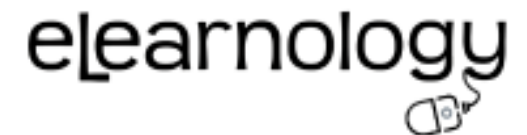
with assistance from

Meredith Gardner, Freestyle Ontario & Dr. Stephanie Jull, Canucks Autism Network

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*Developing and promoting adaptive snow sports through partnerships, training, and instructor certification programs.*

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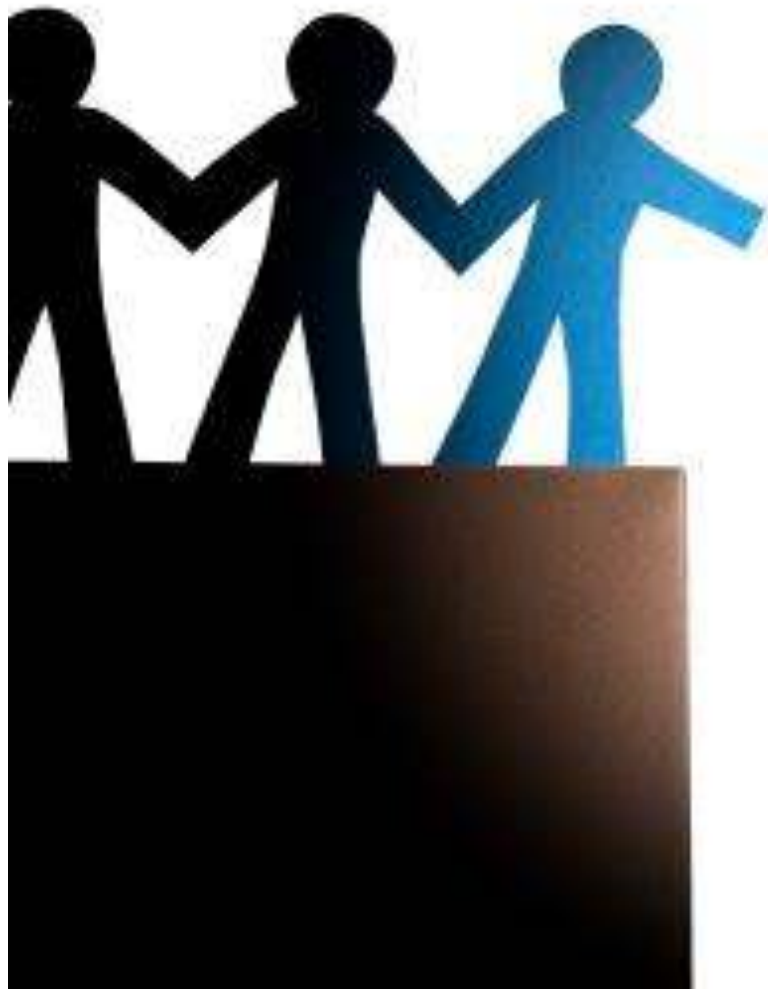
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Go alone, go fast ... Go together, go far



# INCLUDE Strategies

- **I**: Intake
- **N**: Nice rewards
- **C**: Chill-out zone
- **L**: Learn about me
- **U**: Updates & transitions
- **D**: Demo visually
- **E**: Encourage friendships

For children  
with unexpected  
behaviours  
due to hidden causes

- By age 25, approximately 20 % of Canadians will have developed a mental illness
- Athletes with ADHD (Attention Deficit Hyperactivity Disorder) tend to excel at individualized or fast moving sports
- Athletes with ASD (Autism Spectrum Disorder) tend to excel at sports that are technical in nature and require focus
- Serena Williams, Michael Phelps, Magic Johnson, Babe Ruth, Michael Jordan; all diagnosed with ADHD or Autism Spectrum Disorder
- 8-10% of professional athletes have ADHD compared to 4-8% percent of the general population