



2011 - 2012  
KEEN Greater DC  
Handbook and Calendar

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info@globalprinting.com

## **KEEN Programs**

### **KEEN Sports**

#### **Montgomery County (MD)**

**KIDS:** 1st and 3rd Sunday of each month. 1st Session (Yellow) 12:15 – 1:30 2nd Session (Green) 1:45 – 3:00

**TEENS:** 2nd and 4th Sunday of each month. 1st Session 12:15 – 1:30 2nd Session 1:45 – 3:00

**YOUNG ADULTS:** 1st Sunday of each month. 3:15 – 4:30

**Location:** Tilden Middle School • 11211 Old Georgetown Road • Rockville, MD 20852 Emergency phone number at Tilden: **301-332-9228**

#### **Southeast DC (DC)**

**KIDS:** 1st and 3rd Saturday of each month. 12:00 – 1:15

**TEENS:** 1st and 3rd Saturday of each month. 1:30 – 2:45

**Location:** St. Coletta School • 1901 Independence Avenue SE • Washington, DC 20003 Emergency phone number at St. Coletta: **301-461-2278**

#### **Fairfax County (VA)**

**TEENS:** 1st and 3rd Sunday of each month. 11:00 – 12:15

**KIDS:** 1st and 3rd Sunday of each month. 12:30 – 1:45

**Location:** Key Center School • 6404 Franconia Road • Springfield, VA 22150 Emergency phone number at Key Center School: **301-461-2278**

During the Sports Program, athletes and volunteers come together for one-to-one activities. They have a group warm up, and then move to individual activities that are tailored solely to the needs of the athlete. They may throw a basketball or kick a soccer ball, or they may take a walk around the outdoor track. Many love to bounce on 36" balls or be pulled along the floor on a scooter. A group may form for Duck, Duck, Goose. The session ends with everyone coming together in a circle (although some athletes still need to run around its periphery, and that's okay) and sharing with the group what they did that day "that made them very Proud."

### **KEEN Music**

#### **Montgomery County (MD)**

**KIDS:** 2nd Sunday of each month. 1st Session 12:30 – 1:30. 2nd Session 1:45 – 2:45

**TEENS:** 3rd Sunday of each month. 1st Session 12:30 – 1:30. 2nd Session 1:45 – 2:45

**Location:** Tilden Middle School • 11211 Old Georgetown Road • Rockville, MD 20852. Emergency phone number: **301-332-9228**

#### **Southeast DC (DC)**

**KIDS:** 3rd Saturday of each month. 1:30 – 2:30

**TEENS:** 3rd Saturday of each month. 12:15 – 1:15

**Location:** St. Coletta School • 1901 Independence Avenue SE • Washington, DC 20003. Emergency phone number: **301-461-2278**

#### **Fairfax County (VA)**

**KIDS:** 3rd Sunday of each month. 11:15 – 12:15

**TEENS:** 3rd Sunday of each month. 12:30 – 1:30

**Location:** Key Center School • 6404 Franconia Road • Springfield, VA 22150 Emergency phone number at Key Center School: **301-461-2278**

Unlike other KEEN programs, the music sessions are taught by professional educator artists who have extensive experience not only in their field of performance, but also in working with persons with disabilities in dance and music. The sessions expose athletes to a variety of music and create exciting ways for them to express themselves and to find the dancer within.

## **KEEN Swim**

### **Montgomery County (MD)**

Generally the 3rd Saturday each month — see calendar for specific dates. 4:30 - 5:15 for the Dolphins, 5:25 - 6:10 for the Seals.

**Location:** Georgetown Prep, Hanley Center • 10900 Rockville Pike • North Bethesda, MD 20852

### **DC (Washington DC)**

2nd Saturday of each month. 9:30 - 10:30.

**Location:** Deanwood Pool · 1350 49<sup>th</sup> St., NE, DC 20019

With the addition of the Joey Pizzano Memorial Fund Splash program, KEEN's swimmers will enjoy games and activities that teach water safety skills while having fun in and around the water. Like all KEEN programs, volunteer coaches work individually with their athletes to find the activities that best meet their athletes' needs and bring out the most joy as they splash around among the many large, inflatable pool toys. KEEN Swim sessions end with the ever-popular Hokey Pokey in the water.

## **KEEN Club (Teens)**

2nd and 4th Sunday of each month. 3:15 - 4:30

**Location:** Tilden Middle School • 11211 Old Georgetown Road • Rockville, MD 20852. Emergency phone number at Tilden: **301-332-9228**

KEEN Teens who enjoy more structured games and independence find a home in KEEN Club. This is the only KEEN program where volunteers have to make a time commitment. High School students commit to partnering with an individual athlete for the entire school year. They develop special friendships while playing more structured games of basketball and kickball, and they go out to community events, such as Washington Wizards games. Many volunteers find this program so rewarding they sign up year after year.

## **KEEN Tennis (Kids and Teens)**

1st Saturday of each month. 4:00 - 5:00

**Location:** Four Seasons Tennis Club • 3010 Williams Dr • Fairfax, VA 22031

## **KEEN Basketball Clinic (DC Teens):**

1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month. 10:45-11:45 a.m.

**Location:** St. Coletta School · 1901 Independence Ave., SE DC 20003 Emergency phone number 301-461-2278

## **KEEN Soccer Clinic (all Kids):**

1<sup>st</sup> Saturday of each month. 3:00-4:00 p.m.

**Location:** St. Coletta School · 1901 Independence Ave., SE DC 20003 Emergency phone number 301-461-2278

## **KEEN Bowling (Young Adults)**

3rd Sunday of each month. 1:15 - 2:30

**Location:** Bowlmor Lanes • 5353 Westbard Avenue • Bethesda, MD 20816 • (301) 652-0955

## **KEEN Fit (ages 20-25: Young Adults, and ages 25+: Family Fit)**

Young Adults (YA) Fit: 1st Sunday of each month. 2:00 - 3:00

Family Fit: 1st Sunday of each month. 3:15 - 4:15

**Location:** Washington Sports Clubs (WSC) • 5345 Wisconsin Avenue NW • Washington, DC 20015

## Contacts

Beata Okulska, Executive Director	Exec.Dir@KEENGreaterDC.org	301-770-3200 ext. 1
Beth Wenger, Program Manager	ProgramsDC@KEENGreaterDC.org	301-461-2278
Alfreda Edwards, Development Director	Dev.dir@KEENGreaterDC.org	301-775-7572

**To notify about athlete absence: 301/770-3200 ext. 3**

Emergency phone number at Tilden MS:	301-332-9228	(Active only during the sessions.)
Emergency phone number at St. Coletta:	301-461-2278	
Questions concerning programs in DC:		ProgramsDC@KEENGreaterDC.org
Questions concerning programs in MD:		Info@KEENGreaterDC.org
Questions concerning all other programs:		Info@KEENGreaterDC.org

## Attendance Policy

Due to the long waiting list we have for athletes who want to attend KEEN programs, athletes who consistently miss their KEEN sessions will be dropped from the program so that others may take their place.

**Athletes will be dropped if:**

- an athlete misses 3 sessions in a row without notice.
- an athlete misses 5 sessions in a year, without notice. (If absences are due to medical issues, this policy will be waived.)

**If your athlete is going to miss a session, please call the KEEN Hotline at 301-770-3200 ext. 3.** Call even if it is at the very last minute! We check for messages during athlete check-in.

## Athlete emergency contact information

It's vital that we be able to get in touch with you or someone you trust in case of emergency. We also need information on the medication your child is currently taking. Please make sure that our Emergency Contact Form with your athlete's information is up-to-date.

## Inclement weather closings

If a KEEN session is canceled due to inclement weather, it will be posted on the web. Programs at Tilden will be canceled if Montgomery County Public Schools are closed.



# September 2011

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Holiday - No KEEN Programs	5	6	7	8	9	10 Swim (DC) 9:30 – 10:30
11 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Kids Music (MD) 12:30 – 1:30 1:45 – 2:45 Teen Club 3:15 – 4:30	12	13	14	15	16	17 Basketball (DC) 10:45- 11:45 Sports (DC) Kids: 12:00 –1:15 Teens: 1:30 –2:45 Music (DC) Teens: 12:15 –1:15 Kids: 1:30 –2:30 Swim (MD) Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
18 Kids Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Music (MD) 12:30 – 1:30 1:45 – 2:45 YA Bowling (MD) 1:15 -2:30 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45 Kids Music (VA) 11:15 -12:15 Teen Music (VA) 12:30 - 1:30	19	20	21	22	23	24
25 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Club 3:15 – 4:30	26	24	28	29	30	<b>KEENFest</b> <b>11th Annual Dinner &amp; Silent Auction</b> <b>Saturday, October 15, 6:00 p.m.</b> <b>Wardman Marriott Hotel</b>

# KEENFest



**11th Annual Dinner and Silent Auction  
Saturday, October 15, 2011  
Marriott Wardman Park, 2660 Woodley Road NW, Washington, DC**

**The Event:** KEEN will host more than 450 community members, business leaders and volunteers at KEENFest 2011, our 11th annual evening of friends, food and fundraising. This year's festivities promise to be the best yet with a seated dinner at the beautiful Marriott Wardman Park.

Proceeds from KEENFest 2011 will help us continue to keep all of our innovative programs entirely free-of-charge for our athletes and their families.

**Tickets:** VIP \$250, \$175 General Admission

**Sponsorship:** Levels range from \$500 to \$20,000.

**The Auction:** More than 100 "must-have" items will be featured, including beautiful jewelry, incredible sports memorabilia, tickets to local sports & cultural events, fun family activities, dining at popular area restaurants and memorable out-of-town escapes.

**Co-Chairs:** Amy Bowser and Kathleen Meredith

**For tickets or to donate an auction item, please contact:** Karen Hutchison at [KEENFest@KEENGreaterDC.org](mailto:KEENFest@KEENGreaterDC.org).



# October 2011

KEEN Hotline: 301.770.3200

www.keengreaterdc.org

info@keengreaterdc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Save the Dates!</b> <b>October 15, 6:00 p.m. KEENFest: Dinner and auction at Wardman Marriott Hotel.</b> <b>Tickets at <a href="http://www.KEENGreaterDC.org">www.KEENGreaterDC.org</a></b> <b>October 29, noon - 4:00 p.m. Kids Euro Festival, a special KEEN family event at the Embassy of France</b>						<b>1</b> Basketball (DC) 10:45- 11:45 Soccer (DC) 3:00 - 4:00 Sports (DC) Kids: 12:00 -1:15 Tennis (VA) 4:00 - 5:00 Teens: 1:30 -2:45
<b>2</b> Kids Sports (MD) 12:15 - 1:30 YA Fit 2:00 - 3:00 1:45 - 3:00 YA Sports Teen Sports (VA) 3:15 - 4:30 11:00 -12:15 Family Fit Kids Sports (VA) 3:15 - 4:15 12:30 -1:45	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Swim (DC) 9:30 - 10:30
<b>9</b> Teen Sports (MD) 12:15 - 1:30 1:45 - 3:00 Kids Music (MD) 12:30 - 1:30 1:45 - 2:45 Teen Club 3:15 - 4:30	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Basketball (DC) 10:45- 11:45 Sports (DC) Kids: 12:00 -1:15 Teens: 1:30 -2:45 Music (DC) Teens: 12:15 -1:15 Kids: 1:30 -2:30 <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <b>KEENFest 2011</b>  <b>Wardman Marriott</b>  <b>Washington, DC</b>  <b>6:00 - 11:00</b> </div>
<b>16</b> Kids Sports (MD) 12:15 - 1:30 YA Fit 2:00 - 3:00 1:45 - 3:00 YA Sports Teen Music (MD) 12:30 - 1:30 Kids Music (VA) 11:15 -12:15 1:45 - 2:45 YA Bowling (MD) 1:15 -2:30 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45 Kids Music (VA) 11:15 -12:15 Teen Music (VA) 12:30 - 1:30	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Swim (MD) Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
<b>23</b> Teen Sports (MD) 12:15 - 1:30 1:45 - 3:00 Teen Club 3:15 - 4:30	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <b>Kids Euro Festival</b>  <b>The Embassy of France</b>  <b>12:00 - 4:00</b> </div>
<b>30</b>	<b>31</b>					

# Attendance Policy



**Going on Vacation? Feeling a bit under the weather?**

**Car won't start? Just one of those days?**

Whatever the reason, if you are going to miss a KEEN session, you must let us know! Nothing is worse than a volunteer anxiously awaiting an athlete who just doesn't show up! We check the "attendance hotline" right up to the start of the session, so it's never too late to call.

**With a long waiting list of athletes who really want to attend, we can't save space for consistent "no-shows."**

Therefore, KEEN has adopted an **Attendance Policy**:

**Athletes will be dropped from KEEN's programs if:**

- **an athlete misses 3 sessions in a row without notice.**
- **an athlete misses 5 sessions in a year, without notice.** (If absences are due to medical issues, this policy will be waived.)

**If your athlete is going to miss a session, please call the KEEN Hotline at 301/770-3200 ext. 3.**  
Call even if it is at the very last minute! We check for messages during athlete check-in.

## Thank your athlete's coach(es)!

A simple "thank you" to volunteers coaching your child that day will inspire many to volunteer again. Take a moment after each session to let your athlete's coach know their time and energy is appreciated.

*Thank  
You*



# November 2011

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	<b>5</b> Basketball (DC) 10:45- 11:45 Soccer (DC) 3:00 - 4:00 Sports (DC) Kids: 12:00 -1:15 Tennis (VA) 4:00 - 5:00 Teens: 1:30 -2:45
<b>6</b> Kids Sports (MD) 12:15 - 1:30 1:45 - 3:00 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45	YA Fit 2:00 - 3:00 YA Sports 3:15 - 4:30 Family Fit 3:15 - 4:15	7	8	9	10	11	<b>12</b> Swim (DC) 9:30 - 10:30
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<b>27</b> Holiday - No KEEN Programs		28	29	30			

## Year End Giving Campaign

KEEN is committed to continuing to offer all of our exercise and recreation programs at no cost to young people with significant disabilities. Neither income nor the severity of a child's disability is a barrier to joining a KEEN program. At this gift giving time of year, consider making a gift to KEEN's Year-End Giving Campaign.

Together we can keep KEEN's athletes playing and exercising year round!

You can make a donation via credit card using our secure website server. Go to [www.keengreaterdc.org](http://www.keengreaterdc.org) and click on "Donate". Or you can mail a check to KEEN Greater DC, PO Box 341590, Bethesda, MD 20827



KEEN Donor xyz street washington, dc 20000	date _____	2520
Pay to the order of <u>KEEN_Greater DC</u>	\$ _____	
		_____ dollars

### Other ways to support KEEN Greater DC and its many programs:

Make contributions through the **United Way**. Our number is **#8065**

Designate KEEN on your **Combined Federal Campaign**. Our number is **#75656**

Ask your employer to match your gift

Make a gift of stock. Questions? Email Alfreda Edwards at [donate@keengreaterdc.org](mailto:donate@keengreaterdc.org)

**Thank you for your generous support! Every bit helps!**





KIDS ENJOY EXERCISE NOW  
greater dc

# December 2011

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

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25 Holiday - No KEEN Programs	26	27	28	29	30	31 Holiday - No KEEN Programs

## COACHES COMMITTEE

The Coaches Committee is a dedicated group of volunteers committed to furthering KEEN's mission. Committee members are responsible for supervising all KEEN program activities during a session as program coordinators, conducting orientation for the new volunteers, helping new volunteer coaches work with their athletes, and helping set up before and after a session. Other members of the coaches committee help with planning fundraising events and manage other matters consistent with KEEN's mission.

Ryan Barton  
Maria Blake  
Jonathan Daulte  
Katie Delaney  
Jake DiGregorio  
Michele Doyle  
Andy DuKatz  
Jake Fennessy  
Karen Friedner  
Waleed Gamay  
Nancyellen Gentile  
Charlie Gilbert  
Marsha Glazer  
Vanessa Janus

Lisa Josephowitz  
Maureen Kacprzyński  
Colleen Kennedy  
Hillary Lerner  
Paige Lester  
Chip Love  
Lisa Matthews-Martin  
Paula Mattison  
Sarah McMahon  
Jane Meacham  
Karen Migdail  
Dalia Naamani-Goldman  
Courtney OBrien  
Laura Partridge

Rachel Paul  
Julia Poltorak  
Ron Rabbu  
Steven Rentz  
Charly Ann Ryan  
Kevin Schwartzman  
Garret Sern  
Jane Stein  
Leigh Ann Smith  
Joanna Szczepanik  
Becca Weintraub  
Beth Wenger  
Lela Williams



# January 2012

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Holiday - No KEEN Programs	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Basketball (DC) 10:45 – 11:45 Soccer (DC) 3:00 – 4:00 Sports (DC) Kids: 12:00 – 1:15 Tennis (VA) 4:00 – 5:00 Teens: 1:30 – 2:45
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<b>22</b> Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Club 3:15 – 4:30	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Family Sports Day at Key Center School 11:00 - 1:00	<b>30</b>	<b>31</b>				

## ABOUT US

KEEN Greater DC is a volunteer-run, nonprofit – 501(c)(3) – organization headquartered in the Washington, DC area. Coaches and athletes’ families work together to develop and expand KEEN’s programs. A Board of Directors, comprised of parents, volunteers and members of the community, directs KEEN’s operations. KEEN’s recreational activities, which include basic ball skills, soccer, basketball, swimming, bowling, tennis, music and dance, and general fitness – are provided free-of-charge.

### Board of Directors

Burt Braverman  
*President*  
Davis Wright Tremaine LLP

Drew Mucci  
*Vice President*  
HITT Inc.

Mark Segal  
*Secretary*  
Community Representative

Jeremy Colville  
*Treasurer*  
Reznick Group, P.C.

Mark F. Arbeen  
Parent Representative

Richard G. Blumenreich  
KPMG  
Parent Representative

Amy L. Bowser  
Jones Lang LaSalle

Mike Brocato  
Accenture

Liam Brown  
Marriott International

Adam Caldwell  
Davis Wright Tremaine LLP

Lynn Crumling  
Ernst & Young LLP

Cathy Dirksen  
SEEC  
Parent Representative

Charlie Gilbert  
Community Representative

Gena Mitchell  
Parent Representative

Lisa Pendleton  
Comcast SportsNet

Amar Sarwal  
Community Representative

Debbie Shumaker  
EagleBank

Kip Vreeland  
Parent Representative

Tracey Wright  
Community Representative

**Honorary Board Member**  
Dominique Dawes

### Staff

Beata Okulska  
*Executive Director*

Beth Wenger  
*Program Manager*

Alfreda Edwards  
*Development Director*



# February 2012

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

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12 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Kids Music (MD) 12:30 – 1:30 1:45 – 2:45 Teen Club 3:15 – 4:30	13	14	15	16	17	18 Basketball (DC) 10:45- 11:45 Sports (DC) Kids: 12:00 –1:15 Teens: 1:30 –2:45 Music (DC) Teens: 12:15 –1:15 Kids: 1:30 –2:30 Swim (MD) Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
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26 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Club 3:15 – 4:30	27	28	29			

## **KEEN Golf Classic**

Watch for information on the KEEN Golf Classic to be held on a Monday in Spring, 2012.



Every spring, KEEN holds a Golf Classic. This event was our first major fundraising endeavor and is considered one of the finest charity golf events in the area.

KEEN does not ask its families for money. But we do ask for help. If you know of someone who would be interested in supporting KEEN by sponsoring or playing in this event, please let us know. For the past years, the Golf Classic has been held at Woodmont Country Club. Guests enjoy a great day of golf or tennis at a premier venue while raising funds for KEEN's exercise and recreation programs.

And if you can spare a few hours, volunteers are needed throughout the day. Golf-cart driving experience preferred, but entirely unnecessary. We provide on the job training! It's an opportunity to spend a day at a beautiful country club and to meet and thank many KEEN supporters.

**To request further information, please contact [info@KEENGreaterDC.org](mailto:info@KEENGreaterDC.org).**



# March 2012

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Basketball (DC) 10:45 – 11:45 Soccer (DC) 3:00 – 4:00 Sports (DC) Kids: 12:00 – 1:15 Tennis (VA) 4:00 – 5:00 Teens: 1:30 – 2:45
4 Kids Sports (MD) 12:15 – 1:30 YA Fit 2:00 – 3:00 1:45 – 3:00 YA Sports Teen Sports (VA) 11:00 -12:15 Family Fit 3:15 – 4:30 Kids Sports (VA) 12:30 -1:45 3:15 – 4:15	5	6	7	8	9	10 Swim (DC) 9:30 – 10:30
11 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Kids Music (MD) 12:30 – 1:30 1:45 – 2:45 Teen Club 3:15 – 4:30	12	13	14	15	16	17 Basketball (DC) 10:45- 11:45 Music (DC) Teens: 12:15 –1:15 Sports (DC) Kids: 1:30 –2:30 Kids: 12:00 –1:15 Swim (MD) Teens: 1:30 –2:45 Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
18 Kids Sports (MD) 12:15 – 1:30 Teen Sports (VA) 11:00 -12:15 1:45 – 3:00 Kids Sports (VA) Teen Music (MD) 12:30 -1:45 Kids Music (VA) 11:15 -12:15 1:45 – 2:45 YA Bowling (MD) 1:15 -2:30 Teen Music (VA) 12:30 - 1:30	19	20	21	22	23	24
25 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Club 3:15 – 4:30	26	27	28	29	30	31

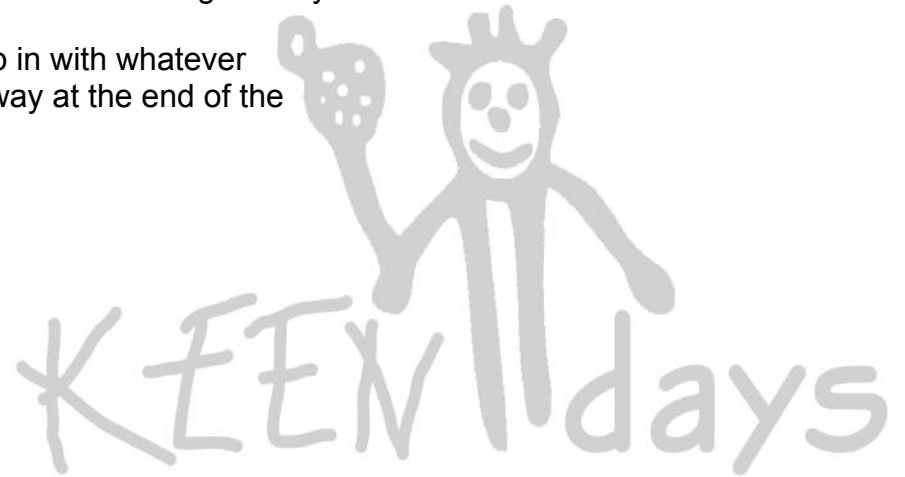
## Family Sports Days at St. Coletta and Key Center School

Through the year, we will have Family Sports Days at St. Coletta and/or Key Center School. KEEN athletes and their families from all programs and locations are invited to attend.

This “open gym” session is an opportunity for KEEN families to bring their KEEN athletes and other kids together for an afternoon. It’s a great time to get everyone out of the house and have some fun. KEEN’s equipment will be available for use, but there will be no volunteers to work with the athletes.

This will also be a great time to meet other KEEN families, share information and generally network.

The gyms will be open for two hours. Stay for the entire time, or pop in with whatever time you have. And if you can lend a hand putting the equipment away at the end of the afternoon, it would be greatly appreciated!



## Programs for Adults

KEEN Greater DC serves athletes ages 5 to 25. To help ensure programs for adults over 25, KEEN is engaged in relationships with the following organizations:

- **ArtStream** — [www.art-stream.org](http://www.art-stream.org)
- **Potomac Community Resources** — [www.pcr-inc.org](http://www.pcr-inc.org)

If you are interested in learning more about these programs, please visit their websites.



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# April 2012

**KEEN Hotline: 301.770.3200**

**www.keengreaterdc.org**

**info@keengreaterdc.org**

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Kids Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45	YA Fit 2:00 – 3:00 YA Sports 3:15 – 4:30 Family Fit 3:15 – 4:15	2	3	4	5	6	7 Holiday - No KEEN Programs	
8 Holiday No KEEN Programs		9	10	11	12	13	14 Swim (DC) 9:30 – 10:30	
15 Kids Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Music (MD) 12:30 – 1:30 1:45 – 2:45 YA Bowling (MD) 1:15 -2:30	Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45 Kids Music (VA) 11:15 -12:15 Teen Music (VA) 12:30 - 1:30	16	17	18	19	20	21 Basketball (DC) 10:45- 11:45 Sports (DC) Kids: 12:00 –1:15 Teens: 1:30 –2:45	Music (DC) Teens: 12:15 –1:15 Kids: 1:30 –2:30 Swim (MD) Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
22 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Club 3:15 – 4:30		23	24	25	26	27	28	
29		30						

## KEEN: It's Happening!

Keep up with KEEN and stay connected to KEEN families, volunteers, and friends on Facebook and Twitter.

Like us on facebook and join our facebook group.



Follow us on twitter: @KEENGreaterDC.



And check out our website: [www.KEENGreaterDc.org](http://www.KEENGreaterDc.org) for breaking news



Don't miss out on important news about your athletes KEEN programs and special opportunities! When you update/change email addresses, let us know! Email: [info@keengreaterdc.org](mailto:info@keengreaterdc.org)



# May 2012

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Basketball (DC) 10:45 – 11:45 Sports (DC) Kids: 12:00 – 1:15 Teens: 1:30 – 2:45 Soccer (DC) 3:00 – 4:00 Tennis (VA) 4:00 – 5:00
6 Kids Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45 YA Fit 2:00 – 3:00 YA Sports 3:15 – 4:30 Family Fit 3:15 – 4:15	7	8	9	10	11	12 Swim (DC) 9:30 – 10:30
13 Teen Sports (MD) 12:15 – 1:30 1:45 – 3:00 Kids Music (MD) 12:30 – 1:30 1:45 – 2:45 Teen Club 3:15 – 4:30	14	15	16	17	18	19 Basketball (DC) 10:45- 11:45 Sports (DC) Kids: 12:00 –1:15 Teens: 1:30 –2:45 Music (DC) Teens: 12:15 –1:15 Kids: 1:30 –2:30 Swim (MD) Dolphins: 4:30 - 5:15 Seals: 5:25 - 6:10
20 Kids Sports (MD) 12:15 – 1:30 1:45 – 3:00 Teen Music (MD) 12:30 – 1:30 1:45 – 2:45 YA Bowling (MD) 1:15 -2:30 Teen Sports (VA) 11:00 -12:15 Kids Sports (VA) 12:30 -1:45 Kids Music (VA) 11:15 -12:15 Teen Music (VA) 12:30 - 1:30	21	22	23	24	25	26
27 Holiday No KEEN Programs	28	29	30	31		



**11th Annual Sports Festival: Sunday, June 3rd - Save the Date!**

KEEN's annual Sports Festival is our big Spring Picnic. It is the only opportunity for all KEEN athletes, their families and volunteers to come together in one location for a group celebration. Held at Hadley's Park in Potomac, MD. athletes can use all the wonderful, fully accessible playground equipment, the ball fields, and special Sports Festival activities. Everyone who attends receives a special KEEN T-shirt and athletes receive a KEEN medal they can wear around their necks, just like Olympic athletes. Lunch is provided.



# June 2012

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <b>No Programs Today.</b>  <b>See you at the Sports Festival, tomorrow!</b>
3 <b>Sports Festival</b>  Hadley's Park 11:00 am - 4:00 pm	4	5	6	7	8	9 Swim (DC) 9:30 - 10:30
10 Teen Sports (MD) 12:15 - 1:30 1:45 - 3:00 Kids Music (MD) 12:30 - 1:30 1:45 - 2:45 Teen Club 3:15 - 4:30	11	12	13	14	15	16 Basketball (DC)      Music (DC) 10:45- 11:45      Teens: 12:15 -1:15 Sports (DC)      Kids: 1:30 -2:30 Kids: 12:00 -1:15 Teens: 1:30 -2:45
17 Kids Sports (MD)      Teen Sports (VA) 12:15 - 1:30      11:00 -12:15 1:45 - 3:00      Kids Sports (VA) Teen Music (MD)      12:30 -1:45 12:30 - 1:30      Kids Music (VA) 1:45 - 2:45      11:15 -12:15 YA Bowling (MD)      Teen Music (VA) 1:15 -2:30      12:30 - 1:30	18	19	20	21	22	23
24 Teen Sports (MD) 12:15 - 1:30 1:45 - 3:00 Teen Club 3:15 - 4:30	25	26	27	28	29	30 <b>Family Sports Day</b> at <b>St. Coletta</b> 12:00 - 2:00

## **KEEN Past and the Future**

KEEN is modeled on an innovative program established in Oxford, England by Elliott Portnoy, who brought KEEN to the Washington, DC area in 1992. With help from a handful of parents and volunteers, KEEN started as a single program. Now, because of our careful attention to the needs of our athletes and their families, and our volunteers, KEEN serves hundreds of young people with disabilities and offers a wide range of programs and activities.

2006/2007 marked the first full year of KEEN programs in Southeast DC! In early 2007, KEEN moved its sports programs in the District to a beautiful new facility at the St. Coletta School. KEEN's board is committed to strengthening these programs and its presence in Washington, DC.

KEEN is also expanding nationally. Thanks to the generous support of Sonnenschein, Nath and Rosenthal, KEEN has expanded into select cities across the United States, opening its doors to new athletes and volunteers. KEEN opened programs in Chicago in 2005, in Los Angeles and St. Louis in 2006, in San Francisco in 2007, and in Phoenix and New York City in early 2008! To accomplish this growth, KEEN developed a template for expansion, enabling us to develop programs in other cities in the future.

As KEEN grows, it is committed to maintaining its basic ideals: providing free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities. KEEN accepts athletes regardless of the nature or severity of their disability and seeks to develop each athlete's self-esteem and confidence, as well as recreational skills and talents, with an eye toward increasing their ability to participate in a broader range of recreational activities and environments.



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# July 2012

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[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Family Sports Day at Key Center School 11:00 - 1:00	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	27
25	26	27	28	29	30	



KEEN Greater DC

PO Box 341590

Bethesda, MD 20827-1590

[www.keengreaterdc.org](http://www.keengreaterdc.org)

301.770.3200