

FUNCTIONAL SPEED ACADEMY LLC

Golden Strength Academy Program Overview and Approval Guide - Adaptive Fitness, Social Recreation, and Development Program

Provider / Vendor / Legal Billing Entity	Functional Speed Academy LLC
Program Name / Service Description	Golden Strength Academy (GSA)
Core Filing Instruction	Vendor files, approvals, invoices, payment records, W-9 records, and funding documentation should be filed under Functional Speed Academy LLC. Golden Strength Academy is the specialized adaptive program/service name used to describe the service provided.

Executive Summary

Functional Speed Academy LLC is the parent company, provider, vendor-facing business, and legal billing entity. Golden Strength Academy is a specialized adaptive program operated under Functional Speed Academy LLC. Golden Strength Academy supports individuals with developmental, intellectual, social-emotional, and physical support needs through structured movement, social recreation, low-ratio coaching, functional development, and community participation.

Company and Program Structure

Functional Speed Academy LLC is the company. Golden Strength Academy is the program. This distinction is important for vendor review, service approval, invoicing, W-9 records, payment systems, onboarding, service documentation, and funding review. Families may participate in Golden Strength Academy as the program, while approvals, vendor relationships, and formal business operations are supported through Functional Speed Academy LLC as the legal business entity.

Program Identity

Golden Strength Academy is not a general fitness program. It is a specialized adaptive service model designed to support individuals with developmental, intellectual, physical, social, emotional, and/or communication support needs through structured movement, social connection, individualized coaching, low-ratio support, and functional development.

The program operates at the intersection of adaptive fitness, social recreation, community integration, functional development, non-medical developmental support, behavioral support through structured activity, and participant-directed/community-based support systems.

Professional Positioning

Golden Strength Academy aligns with support frameworks commonly recognized across Adaptive Physical Education (APE), Special Education, Regional Center services, community integration, social recreation programming, non-medical supports, participant-directed services, and family-centered service planning. The program may complement goals commonly found in IPPs, IEPs, behavioral support plans, and other developmental support pathways.

California Service Alignment

Golden Strength Academy is designed to align with multiple California Regional Center and participant-directed service concepts based on the individual's assessed needs, goals, and approved service plan. Depending on participant need and authorization pathway, services may support goals commonly associated with the following areas:

Area	Program Alignment
Community Integration	Supports engagement, participation, confidence, independence, comfort, and successful participation in community-based environments.
Social Recreation	Supports structured social engagement, guided recreation, communication, belonging, peer connection, and meaningful participation.
Independent Living / Supported Living Related Skills	Supports routines, accountability, communication, adaptive functioning, independence, and participation in daily-life contexts.
Adaptive / Participant-Directed Support	Supports specialized adaptive coaching, structured movement, individualized modifications, low-ratio support, and goal-based services when appropriate.

In practice, the program supports skills directly connected to these areas, including following routines, motor planning, social interaction, group participation, task engagement, emotional regulation, confidence in community environments, and functional independence.

Core Outcomes and Development Focus

Development Area	Examples of Outcomes
Physical Development	Motor planning, coordination, balance, body awareness, strength, and functional movement patterns.
Social Development	Peer interaction, communication, turn taking, participation in structured group environments, belonging, and social confidence.
Behavioral and Emotional Development	Regulation through structured activity, improved focus, clearer transitions, increased engagement, and confidence through successful experiences.
Independence and Life Skills	Following routines, consistency, accountability, adapting to expectations, and increased comfort in supported community-based settings.

Low-Ratio Support Structure

The program maintains low participant-to-coach support of approximately 1:1 to 1:4 depending on participant needs and session structure. This ratio supports safety, engagement, individualized coaching, regulation support, behavior support, social participation, and meaningful progress within both one-on-one and small group settings.

Social Recreation and Community Integration

Golden Strength Academy intentionally incorporates social recreation and community participation. Participants are guided through shared activities that promote communication, connection, belonging, confidence, relationship building, and increased comfort in structured group environments. This directly supports community access, social development, participation, and quality of life.

Private Adaptive Coaching / Highly Supported Services

Private adaptive coaching is not standard personal training. It is individualized adaptive support used when a participant needs one-on-one or highly supported coaching for safety, engagement, regulation, motor planning, communication, confidence, readiness for group participation, or participant-specific modifications. Private services may support skill acquisition that promotes community inclusion, future socialization, and successful participation in group or community-based environments.

Generic Service Comparison Limitation

Golden Strength Academy should not be evaluated as a generic gym membership, standard personal training service, or general recreation class. Those services may be lower cost but are not equivalent when an individual requires adaptive coaching, structured social support, low-ratio supervision, individualized modifications, disability-specific safety awareness, predictable routines, and consistent relationship-based support.

Cost-effectiveness should consider whether the service can actually meet the participant's needs and produce meaningful outcomes, not only whether a cheaper generic option exists.

Appropriate Participant Profile

- needs structured physical activity with adaptive support
- needs social recreation in a guided and supported environment
- needs support with motor coordination, body awareness, confidence, or regulation
- needs increased assistance with participation in group settings
- needs a safe, predictable, and relationship-based coaching environment
- needs services that support independence, regulation, communication, community participation, and quality of life

Vendor Partnerships and System Integration

Functional Speed Academy LLC is actively experienced across multiple FMS providers and funding agencies in support of Golden Strength Academy programming. These relationships reflect the company's ability to operate within established funding systems and support participants across different service pathways.

Business and Vendor Compliance

Functional Speed Academy LLC operates as the professional service provider and legal business entity behind Golden Strength Academy. Business operations are supported through LLC registration, insurance coverage, structured service delivery, published rates, invoice documentation, parent/funding communication, and vendor-aligned operational standards required by Regional Centers, FMS providers, and partner organizations.

Rate Reasonableness and Cost-Effectiveness Position

Golden Strength Academy's published rates reflect the actual cost of delivering a specialized adaptive service model. The rates support trained staffing, low-ratio coaching, individualized programming, safety supervision, parent and funding communication, administrative billing systems, facility operations, insurance, program planning, and continuity of care.

A lower-cost generic service is not automatically more cost-effective if it cannot meet the participant's assessed needs, support IPP/IEP-aligned goals, maintain safety, provide adaptive modifications, support social participation, or produce meaningful outcomes. Cost-effectiveness should be measured by appropriate fit, provider qualification, service effectiveness, continuity, long-term value, and participant progress - not price alone.

California / DDS Reference Basis	How This Packet Uses the Language
WIC 4512(b)	Services and supports may include specialized services, supports, or special adaptations directed toward social, personal, physical habilitation/rehabilitation and the achievement or maintenance of an independent, productive, and normal life.
IPP process / WIC 4646 and 4646.4	Service need should be considered through the person-centered IPP process, including participant/family needs and preferences, personal outcomes, community inclusion, and least restrictive appropriate settings.
WIC 4648(a)(6)(D)(i)	Cost-effectiveness review should consider the least costly available provider of comparable service that can accomplish the IPP and remain consistent with the individual and family needs identified in the IPP.
WIC 4688.22 / DDS social recreation guidance	Social recreation and related non-medical supports may promote social interaction, inclusion, relationship building, community ties, and future socialization opportunities, including individualized supports when appropriate.

Final Filing Instruction for Vendors

For all vendor files, payment profiles, W-9 records, onboarding documents, invoice records, and approval workflows, the provider should be listed as Functional Speed Academy LLC. Golden Strength Academy should be listed as the program or service description.

Summary

Functional Speed Academy LLC, through its Golden Strength Academy program, provides a comprehensive adaptive service model aligned with California Regional Center planning principles, educational support frameworks, community-based developmental objectives, and participant-centered support needs. The program supports measurable progress in independence, confidence, participation, social development, regulation, community access, and quality of life.

The goal is not only participation. The goal is meaningful progress.