



FUNCTIONAL SPEED ACADEMY

MASTER PROGRAM OVERVIEW

GOLDEN STRENGTH ACADEMY

Adaptive Fitness, Social Recreation, and Development Program

WHY THIS PROGRAM EXISTS

Families of individuals with special needs often spend years searching for the right environment. Not just another activity, but a place where their child feels safe, supported, understood, included, and genuinely successful.

Golden Strength Academy was built to provide a structured, adaptive, and human-first environment specifically designed for individuals with autism, Down syndrome, developmental delays, and related needs.

WHAT THIS PROGRAM IS

Golden Strength Academy is a specialized adaptive fitness and developmental coaching program focused on confidence building, communication, emotional regulation, social participation, independence, functional movement, and community integration.

Every session is intentionally structured and coached to support meaningful real-life progress, not just participation.

WHAT MAKES THIS DIFFERENT

- Small 1:4 coach-to-athlete ratio
- Predictable structure and routines
- Real-time adaptive coaching
- Human-first coaching philosophy
- Supportive community focused on confidence and belonging

Our coaching staff includes adaptive specialists, special education teachers, respite workers, and experienced professionals with decades of real-world experience supporting individuals with special needs populations.

REAL LIFE OUTCOMES FAMILIES COMMONLY NOTICE

Improved confidence, communication, participation, emotional regulation, independence, social interaction, and willingness to engage in new activities both inside and outside the program.



GOLDEN STRENGTH ACADEMY

PROGRAM STRUCTURE

Group Training: \$350 monthly membership includes 4 structured group classes per month.

Additional GSA Classes: \$90 per additional class

Private Coaching: \$135 per session

\$540 monthly for 1x per week

\$1080 monthly for 2x per week

FUNDING ALIGNMENT

Golden Strength Academy supports IRC, Self-Determination, and FMS-supported services and aligns with social recreation, community integration, adaptive physical activity, functional development, and independence building goals.

COMPANY AND BILLING STRUCTURE

Functional Speed Academy LLC is the official company and legal billing entity. Golden Strength Academy operates as one of the specialized adaptive programs under the Functional Speed Academy umbrella.

All vendor relationships, approvals, invoicing, and funding processes are managed through Functional Speed Academy LLC.

CLOSING

Golden Strength Academy exists to create the kind of environment many families have struggled to find: safe, structured, adaptive, supportive, and genuinely built for long-term growth.

Our goal is helping individuals with special needs feel capable, confident, connected, and successful.

COACH HENRY AVILES
CEO, Functional Speed Academy LLC

**BUILD THE HUMAN FIRST,
THEN THE ATHLETE.**