



FUNCTIONAL SPEED ACADEMY LLC

Golden Strength Academy Program Overview Adaptive Fitness, Social Recreation, and Development Program Official Program Overview for Regional Center, Educational, and Vendor Review

Executive Summary

Functional Speed Academy LLC is the parent company and legal business entity. Golden Strength Academy is a specialized adaptive program operated under Functional Speed Academy LLC. Golden Strength Academy is designed to support individuals with developmental, intellectual, and physical disabilities through structured physical activity, social recreation, low-ratio coaching, and functional development. The program supports participant independence, confidence, community integration, and measurable progress in real-world settings.

COMPANY AND PROGRAM STRUCTURE

Functional Speed Academy LLC is the company. **Golden Strength Academy is a specialized program operated under Functional Speed Academy LLC.**

This distinction is important for vendor review, service approval, invoicing, and onboarding. 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, and physical disabilities through structured movement, social connection, individualized coaching, and low-ratio support.

The program operates at the intersection of **adaptive fitness, social recreation, functional development, and community participation**, creating an environment that supports long-term independence, confidence, and quality of life.

PROFESSIONAL POSITIONING

Golden Strength Academy aligns with best practices and support frameworks commonly recognized across **Adaptive Physical Education (APE), Special Education, Regional Center services, community integration, and social recreation programming.**

The program is structured to complement and reinforce goals commonly found in **Individual Program Plans (IPP)**, **Individualized Education Programs (IEP)**, behavioral support plans, and other developmental support pathways.

SERVICE CLASSIFICATION AND CALIFORNIA ALIGNMENT

Golden Strength Academy is designed to align with multiple California Regional Center service categories based on the individual’s assessed needs, goals, and approved service plan.

Depending on participant need and authorization pathway, services may be supported under, but are not limited to, the following classifications:

Code	Category	Program Alignment
103	Community Integration Services	Supports engagement, participation, and confidence in community-based environments.
104	Social Recreation Services	Supports structured social engagement, guided recreation, and meaningful participation.
330	Independent Living Services / Supported Living Related Support	Supports routines, independence, accountability, communication, and adaptive functioning in daily life contexts.

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

CORE OUTCOMES AND DEVELOPMENT FOCUS

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, and social confidence.

Behavioral and Emotional Development

Regulation through structured activity, improved focus, clearer transitions, increased engagement, and confidence building through successful experiences.

Independence and Life Skills

Following routines, consistency, accountability, adapting to expectations, and increased comfort in supported community-based settings.

ADAPTIVE COACHING MODEL

Golden Strength Academy utilizes a structured adaptive coaching system that prioritizes **relationship-based support, predictable routines, progression through familiarity, individualized modifications, and real-time coaching adjustments** based on physical, cognitive, emotional, and behavioral needs.

Participants are met at their current level while receiving a clear pathway for progression in a safe, supportive, and intentional environment.

LOW RATIO SUPPORT STRUCTURE

The program maintains a **low participant-to-coach ratio of approximately 1:1 to 1:4**, depending on participant needs and session structure.

This ratio supports **safety, engagement, individualized coaching, behavioral support, and meaningful progress** within both one-on-one and small group settings.

SOCIAL RECREATION AND COMMUNITY INTEGRATION

Golden Strength Academy intentionally incorporates a strong **social recreation** and **community participation** element. Participants are guided through shared activities that promote communication, connection, belonging, confidence, and increased comfort in structured group environments.

This aligns directly with Regional Center and educational goals related to **community access, social development, participation, and quality of life**.

STAFFING AND SAFETY

Sessions are led by trained staff with experience in adaptive coaching and working with individuals with special needs. Staff are expected to maintain a safe, structured, and predictable environment while adapting activities and coaching approaches based on individual participant needs.

The environment is intentionally designed to be **supportive, consistent, low-pressure, and developmentally appropriate**.

APPROPRIATE PARTICIPANT PROFILE

Golden Strength Academy is appropriate for individuals who benefit from:

- structured physical activity with adaptive support
- social recreation in a guided environment
- support with motor coordination, body awareness, and confidence
- increased assistance with participation in group settings
- a safe and predictable coaching environment

The program is especially valuable for participants who require additional support to engage successfully in physical, social, and community-based activities.

VENDOR PARTNERSHIPS AND SYSTEM INTEGRATION

Functional Speed Academy LLC is actively vendored with and experienced across multiple Financial Management Services (FMS) providers and funding agencies in support of Golden Strength Academy programming.

This includes, but is not limited to:

- Ace FMS
- ARCH
- Cambrian FMS
- DROMEN
- AAA FMS
- MAINS'L
- Maxim FMS
- PPL (Public Partnerships LLC / People First FMS)
- Ritz FMS

These partnerships reflect the company's ability to operate within established funding systems and support a wide range of participants across different service pathways.

For families, caseworkers, and vendors, this supports **streamlined onboarding, familiarity with procedures, reduced administrative friction**, and, in many cases, **faster service activation**.

BUSINESS AND VENDOR COMPLIANCE

Functional Speed Academy LLC operates as the professional service provider and legal business entity behind Golden Strength Academy. In some service areas, a local city business license may not apply due to county jurisdiction structure. When that is the case, business operations remain supported through **LLC registration, insurance coverage, structured service delivery**, and **vendor-aligned operational standards** required by Regional Centers and partner organizations.

The company is designed to meet the professionalism, consistency, and documentation standards typically expected during vendor review and onboarding.

PROGRAM DISTINCTION

Golden Strength Academy combines **adaptive training, social development, behavioral support through structured activity, community integration**, and **functional development** into one integrated model.

This creates a service experience that is distinct from traditional recreation, general fitness, and standard group exercise programs. It is a **specialized adaptive developmental system** built to check multiple boxes at once while still maintaining individualized care.

SUMMARY

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

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