GSA-FUND-02 | OUR PURPOSE

A place to move and belong

Specialized adaptive coaching, community participation and meaningful relationships.

COMPANY / LEGAL PROVIDER:	Functional Speed Academy LLC
PROGRAM / SERVICE NAME:	Golden Strength Academy (GSA), one of FSA LLC's programs
TRAINING LOCATION ONLY:	ICON Fitness Studio, 38397 Innovation Ct, Suite 104, Murrieta, CA 92563

Approvals and payments name Functional Speed Academy LLC, not GSA or ICON alone.

WHY WE EXIST

We believe everyone deserves the opportunity to live their best life. Movement opens the door. Dignity, confidence, independence, friendship and belonging are what make that opportunity meaningful.

We learn the person before we coach the movement

GSA welcomes individuals with disabilities as whole people, with their own interests, choices and communication. Athletes, families and caregivers help us understand what makes participation comfortable, safe and worthwhile.

What we support	What that can look like
Belonging and peer connection	Greeting a teammate, sharing an activity, building friendships and participating in a community.
Communication and regulation	Visual or AAC communication, a familiar cue, processing time, adapted transitions and breaks.
Movement and participation	Balance, motor planning, coordination, strength and ways to join chosen games or everyday activities.
Choice and independence	Trying a new task, asking for support, making a decision and building confidence at an individual pace.

THE FIRST 6-8 WEEKS ARE FOR LEARNING

Athletes learn the space and coaches; coaches learn each athlete's communication, interests, motivators, safety considerations and support strategies. Watching, taking a break or trying one activity may all be meaningful beginnings. No fixed progress timeline is promised.

Safety is individual: GSA Group generally plans up to **one coach for four athletes**, not continuous one-to-one supervision. If a person needs ongoing full assistance or close safety support, Private, added approved support or a different starting structure may be needed.

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GSA-FUND-02 | SERVICE MODEL

Group, Private or both

Different services, one person-first standard of care.

LEGAL COMPANY / PROVIDER / PAYEE: Functional Speed Academy LLC
GSA: one of FSA LLC's programs **ICON:** training location only

GSA service	What it is	Individual fit and support
Group	Low-ratio adaptive group coaching with peers, guided activities and community connections.	Participation depends on roster, safe supervision, communication needs and readiness.
Private Adaptive	One-to-one coaching with individually adapted movement, communication and meaningful task goals.	May stand alone. A coach can focus on a participant's pace, mobility, engagement and support needs.
Hybrid	Separate Group and Private services used together when each contributes a distinct benefit.	Chosen only when evidence, participant preference, safety, funding and coach capacity support both.

Why this differs from ordinary gym access

GSA provides **planned, individualized adaptive instruction**, support for communication and transitions, participant-specific modifications, low-ratio Group structure, and meaningful opportunities for peer and community participation. Coach observations and family feedback guide adjustments. Fitness is the vehicle, not the whole outcome.

What the funding team should connect

Each request should identify the **Individual Program Plan (IPP) goal**, activities the person chooses, access barriers and support requirements, which service is being requested and **why the frequency fits**. Private coaching may develop skills that help a participant join future community/social activities. Selection and approval remain individualized.

SERVICE CODE AND SCOPE BOUNDARY

SDP Code 331 is considered only when the participant's selected service meets Community Integration Supports requirements; no automatic code or funding guarantee. GSA is **nonmedical** adaptive coaching and social recreation, not PT, OT, speech therapy, behavioral therapy or medical care.

Delivery site: ICON Fitness Studio, 38397 Innovation Ct, Suite 104, Murrieta, CA 92563. **Legal provider and payee:** Functional Speed Academy LLC. GSA is its program, not a separate company.

Reference guidance: DDS social recreation DDS POS SDP code 331

A REAL GSA MOMENT: THE GOLDEN CIRCLE

Group begins with a shared check-in. Coaches make room for a spoken greeting, a gesture, an AAC response, or time to observe. The goal is a genuine connection, not making everyone participate in the same way.

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