



Approved: Initials: SC
Date: 10/29/2024
Funding Awarded: \$2143.43

COMPLETED COMMUNITY PARTNER AWARD APPLICATIONS MUST BE SUBMITTED BY EMAIL

Use this form to propose policy, system, and environmental change for SHIP funding
For more information, contact SHIP Coordinator Josh Ramaker

Josh Ramaker
SHIP Coordinator
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507-332-5911

*When filling out this form, please be as complete as possible

Today's Date: 10/24/2024

Organization Name: Cannon Valley Special Education Cooperative STEP
Address: 200 Western Ave Faribault, MN 55021
County: Rice

Activity Name: Bowling and Beyond.
Amount of Funding Requested (must match the budget): ~~\$2381.59~~ \$2143.43

Primary Contact Person: Deb Goodman
Title: Special Education Teacher
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Secondary Contact Person: Neil Smith
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Anticipated timeline of the proposed activity: After receiving funds and the equipment is purchased, students would have the opportunity to use the bowling equipment at Cannon Valley Special Education Cooperative on a daily basis learning and practicing their skills for an upcoming bowling trip. On February 14, 2025 the Secondary Transition

Education Program (STEP) has a planned field trip to the local bowling alleys. The equipment can continue to be used after the bowling field trip as a regular activity to help students keep their bodies moving and continuing to learn about a lifelong sport.

Funds are available between November 1, 2023 and September 30, 2024

Describe the proposed activity and give a brief background of the need.

- a. The proposed activity, Bowling and Beyond, aims to teach students at the Secondary Transition Education Program (STEP) the fundamentals of bowling, enabling them to engage in a lifelong recreational activity. This initiative is important, given the known lack of physical activity among students as they transition from high school into adulthood.

Background of the Need

The Cannon Valley Special Education Cooperative (CVSEC) serves students aged 18-22 from four member districts—Faribault, Medford, Northfield, and Owatonna—through the STEP program, which focuses on helping students develop independence. However, a recent survey revealed that 67% of students spend much of their free time watching TV or playing video games, rather than participating in active, engaging activities. This trend highlights a significant need for structured opportunities that encourage physical activity and social interaction.

Proposed Activity

The Bowling and Beyond project will provide a safe and supportive environment where students can learn the basics of bowling, including mechanics, scoring, and etiquette. Instructors and staff will guide students through daily practice using bowling equipment during their Recreation and Leisure classes at CVSEC. This hands-on experience will help students build confidence and develop the necessary skills to enjoy bowling.

Once students have mastered the basics, they will have the opportunity to apply their skills during a planned outing to local bowling alleys on February 14, 2025. This field trip will facilitate the transfer of learned skills from a controlled setting to real-world community engagement, allowing students to participate in a popular recreational activity alongside peers.

By emphasizing the importance of physical activity and socialization, the Bowling and Beyond project aims to enhance students' quality of life, promote healthy habits, and foster connections within their communities.

1. What are the goals for this activity?

There are 3 main goals for this bowling activity:

1. Teach the STEP students the mechanics, scoring, and etiquette of bowling.
 2. Help students learn how to find an age appropriate hobby that will keep them physically active throughout their adult life.
 3. Help students be active in their communities by knowing how to bowl and transferring that skill to their local bowling alleys so they have a social outlet through adulthood.
2. This activity is part of the following SHIP strategy (MUST select one):
Physical activity - taking basic steps for better health.

3. Is the proposed activity addressing policy or system and/or the environment where people live, work, learn and play? **MUST ADDRESS AT LEAST ONE POLICY OR SYSTEM CHANGE IN ORDER TO OBTAIN FUNDING.** Check all that apply.

- i. Policy
- ii. **System**
- iii. Environment

a. Explain the selection(s) above: The Bowling and beyond project would be a change to the system of recreation and leisure class at STEP. Students take a recreation and leisure class during the time they attend STEP, but it is limited to chair exercises, yoga, board games, and art projects. There is not a focus on transferring the skills from recreation and leisure class beyond the school day or community. The Bowling and beyond project would help students learn the skills of bowling and be able to transfer them to their community by participating in the STEP Ventures field trip.

4. Explain how the project includes equity.

The Bowling and Beyond project promotes equity by ensuring that all students, regardless of their abilities or backgrounds, have access to recreational activities that can be enjoyed in their communities. Here are the ways it will be equitable:

1. Inclusive Participation: The project is designed to accommodate diverse skill levels and physical abilities, allowing every student to participate in bowling. Students will have access to a ramp if they are unable to hold a bowling ball. It will give students a sense of belonging to engage in social activities.

2. Skill Development: By teaching bowling skills, the project will give students skills that can be applied beyond the classroom. This empowers them to participate in community events and recreational activities that can create social inclusion.

3. Access to Community Resources: The STEP Ventures field trip connects students with local bowling alleys and community centers, providing exposure to recreational opportunities that they may not have had access to otherwise. This promotes equity by breaking down barriers to community involvement.

4. Building Social Skills: Bowling encourages teamwork and communication, helping students develop social skills that are essential for building relationships in diverse settings. This aspect of the project supports equitable social interaction.

5. Promoting Lifelong Recreation: By focusing on a popular and accessible activity, the project encourages students to continue engaging in bowling and other recreational opportunities after STEP, fostering lifelong leisure activities.

Overall, the Bowling and Beyond project will create an equitable environment where all students can enjoy, participate in, and benefit from recreational activities and community integration.

5. Lay out the action plan (please address what will be done, how it will be done, who is responsible, and a timeline with dates for completion). Include plans for sustaining the activity.

This action plan outlines the steps for implementing the ****Bowling and Beyond**** project, including roles, responsibilities, and a timeline for completion. The program will focus on skill development in

bowling over a six-week period, culminating in a community outing.

Action Item	Description	Responsible Party	Timeline
1. Curriculum Development	Create a structured curriculum for teaching bowling skills.	Recreation and Leisure Teacher	Start: December 1, 2024
2. Equipment Preparation	Acquire and set up bowling equipment for use in classes.	Recreation and Leisure Teacher	Start: December 1, 2024
3. Daily Instruction	Conduct daily bowling lessons over a six-week period.	Recreation and Leisure Teacher	January 6, 2025 – February 14, 2025
4. Field Trip Planning	Arrange logistics for the bowling outing, including transportation and permissions.	STEP Coordinator	September 2024
5. Community Engagement	Communicate with local bowling alleys to ensure readiness for the field trip.	Recreation and Leisure Teacher and STEP Coordinator	September 2024 February 3, 2025
6. Field Trip Execution	Facilitate the bowling outing on February 14, 2025.	Recreation and Leisure Teacher and STEP Coordinator	February 14, 2025
7. Evaluation and Feedback	Collect feedback from students and staff on the bowling experience.	Recreation and Leisure Teacher	February 15-21, 2025
8. Annual Event Planning	Develop plans to make the bowling outing an annual event.	Recreation and Leisure Teacher and STEP Coordinator	By February 28, 2025

By following this action plan, the Bowling and Beyond project aims to create a sustainable, engaging recreational opportunity that promotes physical activity and social connection for students at STEP.

6. Describe the target audience.
The target audience will be the STEP students at Cannon Valley Special Education Cooperative ages 18-22.
7. How many people will the proposed activity reach?

47 students, but the equipment can be used annually as new students attend STEP, more students will be given the opportunity to use the equipment year after year.

8. How will the activity be promoted and inform those affected about the activity?
 Students who participate daily in recreation and leisure class will learn about the activity on a daily basis as they are learning the skills for bowling. The other STEP students who are not enrolled in the recreation and leisure class will receive the information about the bowling field trip during their morning advisory class. This will provide ample opportunity for the students not enrolled in the bowling unit to ask questions, be introduced to the activity of Bowling and Beyond, and prepare for the community engagement activity.

9. Will there be a charge for individuals to participate in your proposed activity? Free

Yes No

- a. If yes, how much? NA
- b. How will those who can't afford it be able to participate? NA

10. Do you have/Are you seeking additional sources of funding for this activity?

Yes No

- a. If yes, please explain. NA

11. In addition to funding, are there other ways that Rice County SHIP can be of assistance to the proposed activity?

Consider technical assistance, policy review, participation in Wellness Councils etc.

Rice County SHIP can support the Bowling and Beyond project in several valuable ways beyond funding:

SHIP can provide workshops and resources focused on physical health, nutrition, and wellness tailored to the needs of students at STEP. This education can help reinforce the importance of active lifestyles.

SHIP can facilitate partnerships with local health organizations, fitness centers, and community groups to create more opportunities for students to engage in recreational activities, including bowling.

By providing support through these additional resources, Rice County SHIP can help with the overall impact and sustainability of the Bowling and Beyond project, for the future wellness among students at STEP.

Budget: Please complete the following budget, listing and describing each item separately. Please include quantities and links to items you may be requesting funds to purchase. Rice County SHIP requires grantees to provide a 10% minimum of leveraged funding. However, please also indicate any in-kind related to the project, since MDH requires SHIP to report both amounts.

In-Kind amount is the dollar equivalent of resource contributions provided by grantees toward costs of the grant activities. Please, provide the dollar amount and a short description of each item.	
● Volunteer Time	\$
● Staff Time	\$550 (11 hours x \$50) licensed teachers provided by the STEP Program
● Donated Materials	\$
● Donated Rent, Office or Meeting Space	\$450 space provided by the STEP Program
● Donated Food	\$
In-Kind Total	\$1000

Leveraged funds are grant awards or cash that come from grantees, partners, or funding agencies, and support SHIP grant activities. Please, provide the dollar amount and a short description of each item. Add lines as needed.	
• Cash Match	\$8.00 x 47 students = \$376.00
	• Field Trip to local bowling alleys: Owatonna Spare Time and Northfield Flaherty's \$ 238.16
• Other Grants	\$
Leveraged Total	\$376.00 \$ 238.16 10%
SHIP Funding Requested	\$
(2)Gopher Quick Frame Premium Bowling Packs	\$ 899x2= 1798.00
4 MD Medical Bowling Ball Ramp	\$195.24
(2) 3# Rubber Bowling Balls	\$34.95x2=69.90
(1) Versa Grip Bowling Ball	\$ 49.95
Estimated shipping	\$268.50
	\$
SHIP Total	\$2381.59 \$ 2143.43
Project Total (In-Kind + Leveraged + SHIP)	\$3757.59 \$ 3381.59

Should the proposed activity be funded, the recipient will be expected to:

- 1) Use funds appropriately to implement the change by the end of the contract, October 31, 2024.
- 2) Participate in pre and post evaluation of the activity.
- 3) Share success stories with RCPH staff and their communications team, including photos if appropriate.
- 4) Incur the expense before requesting reimbursement.
- 5) Submit a SHIP reimbursement form for costs within 45 days of being incurred. All reimbursement forms must be accompanied by invoices/receipts. Failure to submit timely invoices may result in withholding funds.

Name: Deb Goodman

Date: 10/24/2024

Contact Josh Ramaker with questions

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