

# Power Up the Sport Experience: Part 1

## What is quality participation?

Quality participation happens when athletes view their involvement in powerchair soccer, or other sports, as satisfying and enjoyable and experience outcomes they consider important.

## How can we build it?

Think of six building blocks as the foundation for quality participation. When paired with welcoming spaces, well-designed programs, and supportive communities, these elements create sport experiences that keep athletes engaged and coming back.

### 1 Autonomy – Let athletes lead.

Offer choices in practice like powerchair control drills or passing drills and let them decide their role in scrimmages (like, striker or defender).

### 2 Belonging – Build connection.

Pair new athletes with experienced players for mentorship. Celebrate milestones like skill development and in-game achievements during team socials.

### 3 Challenge – Test, don't stress.

Provide drills and activities at different difficulty levels. Encourage athletes to try new techniques each session.

### 4 Engagement – Keep the energy high.

Rotate roles during drills (like, scorer, defender, goalie). Use game-like scenarios to keep focus sharp and fun alive.

### 5 Mastery – Celebrate progress.

Track improvements in powerchair driving skills or ball control. Share progress charts and cheer for small wins like mastering a new maneuver.

### 6 Meaning – Make it matter.

Connect participation to confidence, fitness, and friendships. Show how being an athlete and teammate contributes to community impacts.

**TIP:** The key to quality participation is knowing your participants and which building blocks are the most important to them! You can share this document with your participants to help them learn about the building blocks and use page two to guide your discussions.

## Where can we learn more?

The Canadian Disability Participation Project has created the [Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults Participating in Powerchair Sport](#), in partnership with [Powerhockey Canada](#), to introduce key concepts that underpin quality participation to coaches and volunteer to better facilitate quality sport experiences for athletes.

# Power Up the Sport Experience: Part 2

## Game Plan for Quality Participation

Start by learning what matters most to your athletes. Quality participation begins when athletes feel heard and supported. Use this simple 3-step game plan to make it happen:



### ASK

Share the six building blocks and ask: Which one matters most to you?

Example: Do you want more choice in drills, more team bonding, or more chances to master power-chair or ball control?



### ASSESS

Review your program: What are you already doing to support those priorities?

Example: Are you offering drills for different skill level or sport experience? Do you have social time after practice for team connection?



### ACT

Plan next steps: What can you start doing to make those building blocks part of your program?

Example: Add skill stations for powerchair maneuvering, create mentorship pairs for new athletes, or link drills to game-day goals.

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