

Orlando Athletic Training Academy, Inc.

URBAN HIGH SCHOOL ATHLETES

FALL 2019



TRAINING for VOLUNTEERS
Several O.A.T. Academy volunteers pictured (left and below) are enjoying **The Cost of Poverty Experience (COPE)**. This is designed to help participants begin to understand what it might be like to live as a typical low-income family in the U.S. It is based on real stories and created alongside those who have lived with these daily struggles. The homeless and impoverished population is very dear to our hearts and important to our communities' development and health. This shared experience really impacts how we view and assist our friends

We were randomly put into families, took on a character and lived out their reality for 3 1/2 hrs. In the midst of 80 participants, our emotions ranged from frustration, anger, defeat, humbled, privilege, and tired. We could not believe this all occurred in such a short span. Can you imagine ones that experience this 24/7? This experience provided a greater understanding to work with the athletes.

Here is a link for the video:



Auditorium of various family units randomly put together. Once we had our family, we were to stay in character then walk through

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