



**About KEEN** KEEN is a volunteer-run, nonprofit — 501(c)(3) — organization headquartered in the Washington, DC area. Coaches and athletes' families work together to develop and expand KEEN's programs. A Board of Directors comprised of parents, volunteers, and members of the community directs KEEN's operations. KEEN's recreational activities — which include tennis, swimming, basketball, basic ball skills, soccer, fitness and weight training, and social activities and outings — are provided free-of-charge.

KEEN is modeled on an innovative program established in Oxford, England by Elliott Portnoy, who brought KEEN to the Washington, DC area in 1992. With help from a handful of parents and volunteers, KEEN started as a single program. Today, because of our careful attention to the needs of our athletes, their families, and our volunteers, KEEN serves hundreds of young people with disabilities and offers a wide range of programs and activities.

Now expanding into select cities across the United States, KEEN is opening its doors to new athletes and volunteers. As KEEN grows, it is committed to maintaining its basic ideals: providing free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities.

**To volunteer or make a tax-deductible financial contribution, or donate athletic equipment or in-kind services, contact KEEN at:**

**Kids Enjoy Exercise Now (KEEN)**

P.O. Box 341590  
Bethesda, MD 20827-1590

[www.keenusa.org](http://www.keenusa.org)  
[info@keenusa.org](mailto:info@keenusa.org)

**We're proud of our ability.**

We're **Proud**  
of our ability

**Proud because KEEN provides... free recreational and sports programs for children and young adults with more profound and severe mental and physical disabilities.**

By pairing trained volunteer "coaches" with KEEN's "athletes" — children and young adults with disabilities — KEEN provides one-to-one coaching and interaction that promotes individual fulfillment.

KEEN serves individuals with such diverse disabilities as autism, cerebral palsy, Down syndrome, and various developmental and intellectual disabilities. Because KEEN's activities are noncompetitive and inclusive, we offer opportunities for athletes who have not been able to access or find happiness in other programs.



free fun **physical**

PHOTOS BY ALAN KRESSE



# Proud

because KEEN athletes develop...

- Friendships with other athletes and volunteers
- Self-esteem and confidence
- Social and teamwork skills
- Athletic skills and talents
- A sense of belonging

KEEN is a place where athletes are accepted as they are and have fun in a safe, supervised setting while their families gain valuable respite opportunities.



“ KEEN is the best part of my son’s weekend. And, while he’s having fun there, I can spend time with my other children or just enjoy some time to myself.”

— PARENT OF A TEENAGE ATHLETE

# Proud

because KEEN coaches gain...

- The rewards from giving to and enhancing their community
- A deeper understanding of themselves and others
- Opportunities for personal and professional growth

KEEN’s coaches come from all walks of life: they are working adults volunteering on their own or as part of corporate and community groups, college or high school students, retirees and “empty nesters,” and families volunteering together. Volunteering at KEEN brings a different perspective on life through encounters with young people who face significant challenges, and friendships with like-minded individuals seeking to give back to the community. For families volunteering at KEEN, the shared experience brings a unique closeness.

“ When my children grew up and left home, my life seemed empty. At first, I was nervous about volunteering at KEEN, but gave it a try. Now I absolutely love it!”

—“EMPTY NESTER” VOLUNTEER

# Come

join us!  
You can help KEEN

All KEEN’s activities are provided at no cost to the athletes or their families, thanks to tremendous support from KEEN’s donors and volunteers.

KEEN relies on individual, group, and corporate contributions for financial support to purchase and maintain athletic equipment, recruit and train volunteers, rent recreational facilities, cover necessary liability insurance costs, and operate our programs.

KEEN depends on volunteer coaches to work one-to-one with athletes, run our programs, and maintain the focus on KEEN’s unique mission.

“ The first thing that attracted me to KEEN was the fact that I didn’t need to make a formal time commitment; I could just volunteer when it fit my schedule. But, the more I coached, the more I wanted to make time in my schedule for KEEN. KEEN is the high point of my week, and has added a richness to my life.”

—YOUNG WORKING ADULT VOLUNTEER

