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Empowering families of children with special needs since 1983
Capacitar a las familias de niños con necesidades especiales desde 1983

Helpline 800.578.2592

June 2018, Matrix Bimonthly Express

Register, Run, Support

It all begins at the starting line!



Ella pictured at her school track meet. Her friends from the Mighty Milers, Kayla, Kaiden, and Alexa, came out to support her. Ella's mom, Sarah Ponsford, is a Matrix Board Member and our Board Treasurer. She has graciously offered to share a story about Sarah's Mighty Miler journey.

[En Español](#)



Mighty Milers is back

[Click Here to REGISTER!](#)



We have officially kicked off our 2018 Mighty Milers & Friends summer training program. We have watched this program grow over the last two years, and this year we have 60 participants!

Taking the plunge...

from sign up to the finish line for the first time.

Last summer when I heard about the Matrix Mighty Milers program, I signed up my thirteen year old daughter Ella. It seemed like a good opportunity to get her off of screens and outside for a little while each week.

Running is especially challenging for Ella. Her low muscle tone creates coordination and motor planning difficulties. A 5K race was a daunting goal. **Right from the start, Ella found a setting that allowed her to go at her own pace, push herself as she could, and have fun in the process.** Coaches, assistants, parents, and kids worked together to assure that each runner made weekly progress. Race day was a total thrill. All the hard work paid off. Each Mighty Miler and many family members crossed the finish line. What an accomplishment!

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Transferring the skills...

with an expectation of being included.



Our new head coach, **Mark Drafton**, is President and head coach for the Santa Rosa Express youth running club. Coach **Jonathon Clark** returns to share his expertise. Thank you Coach Mark and Coach Jonathon!

Thank you to our sponsors, volunteers, and participants.



Volunteers hard at work!

We couldn't do this without your support!

Ella with two of her track team friends

Last fall Ella started Middle School. Middle School is a big adjustment for any student. The placement recommended for Ella was in a Special Day Class outside of her district. This meant no familiar faces as she started the school year. It was a rough transition. Getting her to school was a daily challenge. Her anxiety and frustration level were at an all-time high.

That all changed one day in the spring when Ella announced she was joining the School Track Team. She must have sensed my nervousness and hesitation. **She looked right at me and said, with total confidence, “Mom, I’m a runner!”** We signed her up and she started practice. The change was instant. Ella made new friends and couldn’t wait to go to school and practice each day.

My heart was in my throat at her first meet. Ella ran her hardest all the way down the line. She finished to the cheers and high fives of her team mates. She wasn’t concerned about the distance between herself and the other runners.

Mighty Milers opened a door for Ella. She began to identify herself as a runner and learned to work hard and enjoy the whole process. She also learned to focus on her *own* pace and her *own* times. Ella learned that differences are OK.

Ella’s experience as a Mighty Miler runner gave her a confidence that transferred from the Milers Team to her everyday life. **Milers gave Ella the expectation that she would be included. That expectation resulted in her advocating for herself and saying “Yes, I belong!”** For that I will always be grateful. Thank you Matrix Parent Network and Mighty Milers!

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Bocce teamwork

Trainings

English: Matrix trainings will resume after summer. P2P (Parent to Parent) opportunities are ongoing. To learn more visit our [P2P page on the Matrix website](#).

Español: Matrix trainings se reanuda después del verano. Las oportunidades P2P (Parent to Parent) no están disponibles en este momento.

Tools to Use

- [Getting Organized Early Years](#)
 - [Getting Organized Schoolage](#)
 - [IFSP](#)
 - [IEP Toolkit](#)
 - [Advocating for Your Child with Special Needs](#)
-

Upcoming Matrix Trainings, Workshops, and Events

TRAININGS / WORKSHOPS: See you in September!



Have a wonderful summer! Remember that you can always reach us by calling our Helpline: [800.578.2592](tel:800.578.2592).

UPCOMING FUNDRAISING EVENTS



Special Needs Youth Summer Running Program
an inclusive summer running program for kids with, and without special needs.
Siblings, family, and friends are encouraged to participate!

MIGHTY MILERS training started June 5th. 5K race day is August 25th.



[Click here to register!](#)

With registration, each child will receive:

Coach Mark Drafton of Santa Rosa Express will lead a 10 week kids' team training through the summer, in preparation for [The Santa Rosa Marathon 5K](#).

- **Free entry for Santa Rosa Marathon 5K race**

Additional Resources

- [Information by topic](#)
- [Matrix Newsletters](#)
- [Links to Key Public Agencies](#)
- [Matrix Library \(in our office\)](#)

Connect Online!

[Like us on FaceBook](#)



[Facebook](#)

Check out our 3 FaceBook Support Groups!

[Marin](#)

[Solano/Napa](#)

[Sonoma](#)

- 10 week training program and expert coaching from some of the best
- Weekly team training runs
- Team training t-shirt



Thank you [Morton & Bassett Spices](#) for *sponsoring our Mighty Milers program for the 3rd year in a row.* We could not do this without your support!



WE NEED YOUR HELP!

Join our Crowdrise fundraising team.

- [Click here to sign up](#)
- Set up your page
- Share, share, share...on social media

Be a top fundraiser and win a weekly prize! Need help setting up your page? Contact Kristie at kristiea@matrixparents.org



We warmly welcome our new partner, [Sports Basement](#)! Matrix is now officially a part of the Basemeteer Program!

Basemeteer's receive:

- **10% off** every item every day
- **10% of profits back to Matrix** Parent Network & Resource Center

- **Watch** [this one minute video](#) to get the idea

Please note:

Sports Basement is waiving the \$25 fee for Matrix Parent Network & Resource Center families *for the first year after their Novato store opens June 1st*. Sign up as a Basemeteer. Take advantage of this generous offer!

There are two ways to sign-up:

1. **Stop by the Sports Basement.** It just opened on June 1st (*Waived fee good for Novato only*). Other Sports Basement stores must charge a \$25 fee.
2. **Sign up online.** [Click this link to register as a Basemeteer](#) (*Waived fee with this link*).

Don't forget to select **Matrix Parent Network & Resource Center** as your beneficiary!

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Recent Events



2018 Matrix Classic Golf Tournament brought our community together to play golf and support life changing programs. We are so grateful to [our sponsors](#), volunteers, and all who participated.

Our first annual Bocce Tournament took place at Marin Bocce Federation in San Rafael. Around 75 people attended, raising over \$11,000 to support the valuable work Matrix does.



Monthly Giving



Your \$20 a month provides **support to 12 families a year**. [Click here to join.](#)

En Español

Registrarse, Ejecutar, Asistencia ¡Todo comienza en la línea de partida!

La madre de Ella, Sarah Ponsford, es miembro de la Junta de Matrix y nuestra Tesorera. Se ha ofrecido amablemente a compartir una historia sobre el viaje de Mighty Miler de Sarah.

Zambulléndose...

desde el inicio de sesión hasta la línea de llegada por primera vez.

El verano pasado, cuando me enteré del programa Matrix Mighty Milers, inscribí a mi hija Ella, de trece años. Parecía una buena oportunidad para sacarla de su mundo por un rato cada semana.

Correr es especialmente desafiante para Ella. Su bajo tono muscular crea dificultades de coordinación y de planificación motora. Una carrera de 5 km fue un objetivo desalentador. **Desde el principio, Ella encontró un entorno que le permitía ir a su propio ritmo, esforzarse como podía y divertirse en el proceso.** Los entrenadores, asistentes, padres y niños trabajaron juntos para asegurar que cada corredor progresara semanalmente. El día de la carrera fue una emoción total. Todo el trabajo duro valió la pena. Cada Milery Miler y muchos miembros de la familia cruzaron la línea de meta. ¡Qué gran logro!

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Transfiriendo las habilidades... con la expectativa de ser incluido.

El otoño pasado Ella comenzó la escuela secundaria. La escuela secundaria es un gran ajuste para cualquier estudiante. La colocación recomendada para Ella fue en una clase de día especial fuera de su distrito. Esto significaba que no había caras conocidas cuando comenzó el año escolar. Fue una transición difícil. Llevarla a la escuela era un desafío diario. Su nivel de ansiedad y frustración estaban en su punto más alto.

Todo eso cambió un día de la primavera, cuando Ella anunció que se uniría al Equipo de Pista Escolar. Ella debe haber sentido mi nerviosismo y dudas. **Ella me miró directamente y dijo, con total confianza, "¡Mamá, soy**

una corredora!". La inscribimos y comenzó a practicar. El cambio fue instantáneo. Ella hizo nuevos amigos y no podía esperar para ir a la escuela y practicar todos los días.

Sentía el corazón en la garganta en su primer encuentro. Ella corrió lo más que pudo para llegar a la línea. Terminó con los aplausos y felicitaciones de sus compañeros de equipo. Ella no estaba preocupada por la distancia entre ella y los otros corredores.

Mighty Milers abrió una puerta para Ella. Ella comenzó a identificarse como una corredora y aprendió a trabajar duro y disfrutar todo el proceso. También aprendió a enfocarse en su propio ritmo y en sus propios tiempos. Ella aprendió que las diferencias están bien.

La experiencia de Ella como corredor de Mighty Miler le dio la confianza de que se transfirió del equipo de Milers a su vida cotidiana. **Milers le dio la expectativa de que ella sería incluida. Esa expectativa la llevó a defenderse a sí misma y decir "¡Sí, pertenezco!".** Por eso, siempre estaré agradecida. ¡Gracias Matrix Parent Network y Mighty Milers!

[volver arriba](#)

Upcoming Matrix Trainings, Workshops, and Events

Entrenamientos en Español



¡Que tenga un verano maravilloso! Recuerde que siempre puede comunicarse con nosotros llamando a nuestra Helpline: [800.578.2592](tel:800.578.2592).



Helpline: 800.578.2592

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