



## Normalization through sports



We are committed to building communities where both impaired and unimpaired people can grow and learn together.

### TRACOS Soccer School and FC TRACOS

TRACOS, established in 2003, is a Tokyo-based nonprofit organization that exists to improve the lives of all affected learning by disabilities/difficulties. We do this by creating opportunities for them to play soccer, which enables them to build up their health, to acquire sociability and to learn cooperation.

We run seven soccer schools and one soccer club in Tokyo and Kanagawa, and dispatches our coaches to special-needs schools and events so that many who give up joining our schools because of distance can come to classes or training sessions.

Children and adults with Developmental Disabilities such as Autism Spectrum Disorder(ASD), Attention Deficit Hyperactivity Disorder(ADHD), Cerebral Palsy (CP) and Down Syndrome (DS) play soccer together in our schools and a club.

### School Mission Statement

We help our students to acquire manners and socializing skills, improve and maintain their health athletic abilities.

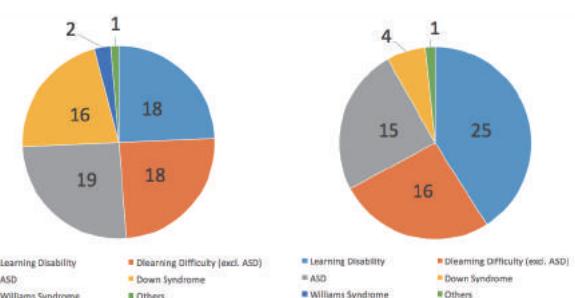
We encourage our students' communication skills and self-expression.

We promote our students to engage in the community and interact with individuals without disabilities.

#### What difficulty do our students and players have?

	SCHOOLS	FC TRACOS
Learning Disability (Incl. CP)	18	25
Learning Difficulty (excl. ASD)	18	16
ASD	19	15
Down Syndrome	16	4
Williams Syndrome	2	0
Others	1	1

Note : Some have more than one diagnosis.



As of 25/April/2017

# Developmental Disabilities

Developmental disabilities, also known as learning difficulties and learning disabilities, are a group of conditions due to an impairment in physical, learning, language, or behavior areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person's lifetime.

**These children have difficulties in one or more of the following areas:**

- Motor coordination
- Time management
- Attention
- Organizational skills
- Processing speed
- Emotional maturation
- Verbal expression
- Memory
- Processing language
- Social skills needed to make friends and maintaining relationships



**Can you tell them from children without difficulties?**

**6.5% of elementary school children have Developmental Disabilities in Japan**

## Problems they face:

One of problems children with developmental disabilities (DD) is that they are all too often denied to participate in sports, because they can have difficulty following the rules of organized sports, or with the physicality of some gym activities. As a result, these children often get less physical activity than typically developing children.

Since team sports can be competitive, it requires a great athletic ability, following direction, paying attention and communication skills. These requirements deprive children with DD of opportunities to join a sport activity and play with another children. Being often excluded or rejected, they feel a sense of shame, isolation, low self-esteem, anger, fear and anxiety.

Their parents feel the same way too. Besides, parents of children with DD feel bad because their children cause 'troubles' when they play sports or play in a playground with other unimpaird children. Then, when they want to go to sport events for children with disabilities, many other people look coldly at them on their way to get there. How many people would think it is because of DD he has when you see a boy talking excessively, screaming and keeping jumping in the train? When the child looks no difference from children without DD, many might think it's because of bad parenting.

It is reported that one of major causes of stress that parents of children with DD is social attitudes towards them and lack of understanding for problems they and their families experience.

Children with DD want to move their bodies just like other children do, their parents want to give them physical activity opportunities, but there're many barriers for them.



## Children with disabilities are missing out on play activities that are vital to their development

"All too often the parents of children with multiple-needs point to barriers they face in accessing and enjoying play, it means that disabled children don't have the same chance to form friendships, and parents are prevented from taking a break from caring. Both disabled children and their parents are excluded from their own communities."

# Definition and Meaning

## Developmental Disabilities

### ADHD

#### Attention Deficit Hyperactivity Disorder

It affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD may be hyperactive and unable control their impulses. Or they may have trouble paying attention. These behaviors interfere with school and home life.

People with ADHD are diagnosed with depression and anxiety more often than others. Also, oppositional Defiant Disorder is one of the most common conditions linked to ADHD.

#### Depression and Anxiety

Either condition could cause ADHD-like symptoms, like poor concentration and restlessness. The symptoms aren't always clear. Depressed children often seem irritable rather than sad. Children with depression/anxiety are not patient, gets really upset, has no tolerance for frustration.

#### Oppositional Defiant Disorder

Children who have it act stubborn, get angry often, throw tantrums, and don't do what parents and teachers tell them to do.

### ASD

#### Autism spectrum disorder

It's a developmental disability that affects the way people communicate, behave, or interact with others. There's no single cause for it, and symptoms can be very mild or very severe. The autism spectrum is very wide. Some people might have very noticeable

issues, others might not. The common thread is differences in social skills, communication, and behavior compared with people who aren't on the spectrum.

trouble interpreting visual information. He or she may have a hard time with reading or telling the difference between two objects that look similar.

### LD

#### Learning Difficulties/Disabilities

A learning disability is a problem that affects how a person receives and processes information. People with learning difficulties may have trouble with any of the following: reading, writing, doing math, understanding directions. It's important to note that ASD and ADHD are not the same as learning difficulties. There are many different kinds of learning difficulties, and they can affect people differently.

The main types of LD include:

**Dyspraxia** : It affects a person's motor skills. A young child with dyspraxia may bump into things or have trouble holding a spoon or tying his/her shoelaces. Later, he may struggle with things like writing and typing.

**Dyslexia** : It affects how a person processes language, and it can make reading and writing difficult. Children may also have trouble expressing themselves verbally and putting together thoughts during conversation.

**Dysgraphia** : It affects a person's writing abilities. (Ex. Bad handwriting, Trouble with spelling, Difficulty putting thoughts down on paper.)

**Dyscalculia** : It affects a person's ability to do math. In young children, dyscalculia may affect learning to count and recognize numbers.

**Auditory Processing Disorder** : This is a problem with the way the brain processes the sounds a person takes in. It is not caused by hearing impairment.

**Visual Processing Disorder** : Someone with a visual processing disorder has

#### Definitions of Learning Disability and Learning Difficulties

Learning disability and learning difficulties are terms that are commonly used in the UK. These two terms are often interchangeable when used in the context of health and social care for adults. Some people with learning disabilities prefer the term learning difficulties.

A learning disability includes their presence of:

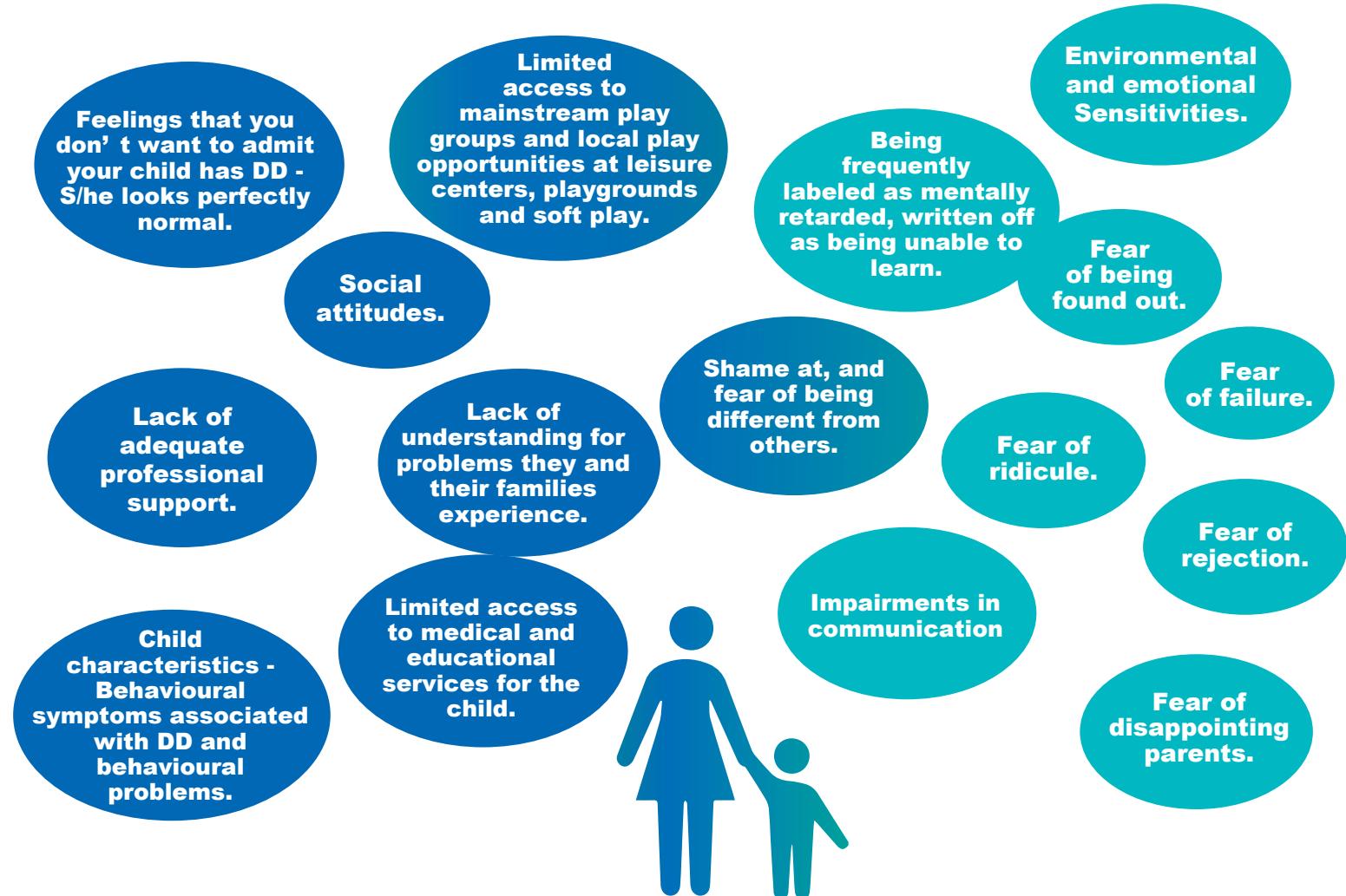
- a significantly reduced ability to understand new or complex information or to learn new skills;
- a reduced ability to cope independently;
- an impairment that started before adulthood, with a lasting effect on development.

This means that the person will find it harder to understand, learn and remember new things, and means that the person may have problems with a range of things such as communication, being aware of risks or managing everyday tasks.

A learning difficulty includes children and young people who have specific learning difficulties, for example dyslexia, but who do not have a significant general impairment of intelligence.

Note: The UK is the only country that uses the term learning disability in the way described above. In other English speaking countries the term 'intellectual disability' is growing in usage. In the U.S., an 'intellectual disability' describes below-average IQ and a lack of skills needed for daily living, and the term 'learning disability' is used instead of 'learning difficulty'.

# Stress Factors



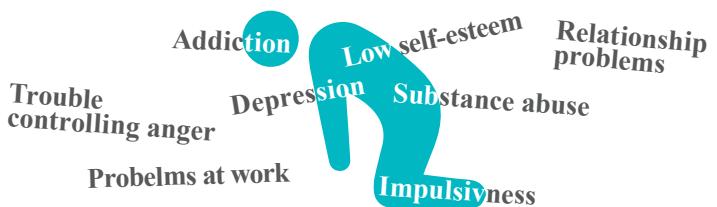
## Problems they may face in the future:

People with Attention Deficit Hyperactivity Disorder (ADHD) are diagnosed with anxiety and depression more often than others. Also, it is reported that people with ADHD may be more likely than the general population to develop alcohol and substance abuse or addiction problems when they get older.

Autism Spectrum Disorders (ASD) has a wide range. Some people with an ASD live on their own, go to school, and hold a job. Nobody, even himself/herself, might know that s/he has a condition. They may have difficulty in performing basic everyday living tasks. They may also have difficulty with making friends and maintaining relationships.

People growing up with a Learning Difficulty (LD) often feel a sense of shame because these individuals are often labeled as mentally retarded, incompetent and lazy. Internalized negative labels of stupidity and incompetence usually result in a poor self concept and lack of confidence.

Parents of children with DD worry most about what would happen to their children when they are adults. Long-lasting stress experienced by parents of children with DD has profound consequences for their health, well-being, interactions with the child and family life.



Developmental Disorders can't be prevented or cured. But spotting it early, plus having a good treatment and education plan, can help a child or adult with DD manage their symptom. Anxiety and stress can be reduced by sharing it. We can eliminate these barriers they face by promoting awareness-raising and supporting them.

**“For sure, there are bad times when we cause a lot of hassle for other people, but what we really want to is to be able to look toward a brighter future.”**

Naoki Higashida (2013) *The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism*

# What We Do

Many parents of children with DD say they find it difficult to access mainstream play groups and local play opportunities at leisure centers and playgrounds.

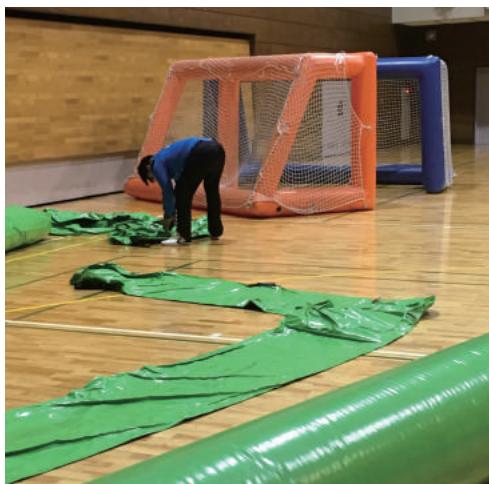
**NPO TRACOS  
held 157 on-site  
soccer classes  
in 2016.**



NPO TRACOS sends experienced and professional coaches (Certified by Japanese Para-Sports Association) to special-needs schools and events to offer a soccer class so that children with DD who give up joining sports activities nearby, or can't come to our schools because of distance, can move their bodies without feeling stressed, scared, perplexed or disappointed.

Coaches carry fun inflatable soccer equipment, which helps children find sports fun and interesting. Class activities help them improve their health athletic abilities, and according to recent studies, exercise could benefit children with DD. The studies found children in elementary school were better able to control their behaviour in the classroom when they excercised.

Our on-site soccer class is not only for children but also for their parents. Parents share information each other and develope mutual feelings of fellowship before and after class.



## TRACOS offers on-site soccer classes

Our inflatable playground equipment lets children with special needs have more fun!



# We Need Your Support!



**We need your support to give children with developmental disabilities opportunities for sport, play and exercise that they can truly enjoy. Your support today will make their future brighter.**

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