

#1

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Thursday, March 07, 2019 10:06:31 PM  
**Last Modified:** Thursday, March 07, 2019 10:09:55 PM  
**Time Spent:** 00:03:23  
**Email:** heather@winksgym.com  
**IP Address:** 162.210.198.129

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

1 year

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes, and she has begun coaching others in the program as well

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes. Autumn works hard for whoever is working with her. Coach Will, Coach Marc or Coach Wink

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes, she is strong and fit

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

No she is not but she has been bullied in the past

---

**Q7** In what ways can we do better?

more city wide opportunities for kids with disabilities to compete in grappling or light sparring

---

## #2

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 11:15:23 AM  
**Last Modified:** Friday, March 08, 2019 11:16:58 AM  
**Time Spent:** 00:01:34  
**Email:** angaranda01@gmail.com  
**IP Address:** 73.42.99.247

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

4 MONTHS

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

YES, HE HAS MORE CONFIDENCE AND IS BECOMING MORE INDEPENDANT

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

ABSOLUTELY, HE HAS GREAT COMMUNICATION SKILLS SOMETHING THAT MY SON CAN UNDERSTAND

---

**Q5** Have you noticed improvements in your child's physical fitness?

YES

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

NO

---

**Q7** In what ways can we do better?

NOTHING

---

# #3

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 11:19:32 AM  
**Last Modified:** Friday, March 08, 2019 11:25:49 AM  
**Time Spent:** 00:06:17  
**Email:** laldrige2002@yahoo.com  
**IP Address:** 73.26.255.208

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

One year

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Incredible positive change and increasing attention span.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Both coaches have gone over & above to assist our boys. They've become "extended family" to us.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

No specific bullying, but made fun of, etc due to his condition & appearance

---

**Q7** In what ways can we do better?

Please consider providing actual belt-testing dates (understand that this is student dependent). Testing is a big motivator for our boys

---

# #4

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 11:30:23 AM  
**Last Modified:** Friday, March 08, 2019 11:33:31 AM  
**Time Spent:** 00:03:08  
**Email:** johnson.dawnee@gmail.com  
**IP Address:** 73.98.24.245

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

2 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes he's no longer shy he's open to other children about his disability

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes Coach Will has made A HUGE DIFFERENCE IN my son's life he's a role model to my son I'm so thankful for Coach Will.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

YES. More of the reason why he joined he did step up to one of the bullies and now that problem has been solved.

---

**Q7** In what ways can we do better?

Keep doing what great work you all have been doing :)

---

# #5

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 11:38:27 AM  
**Last Modified:** Friday, March 08, 2019 11:45:39 AM  
**Time Spent:** 00:07:12  
**Email:** andoraapple@gmail.com  
**IP Address:** 174.237.13.30

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

5 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes, alex has gotten stronger upper and lower body. His attitude is so much better.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes both Paul and Daniel have made Alex succeed. They are the best. We love to go and see Daniel, he's so polite and always helpful.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes he's gotten stronger.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

No not at the gym, at school yes he does.

---

**Q7** In what ways can we do better?

When you do fundraisers you should get more of the kids involved. Also, if you could get the adaptive program their own merchandise so it's families could support the program. Have some of your "big named fighters come in and talk to the kids.

---

# #6

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 1:39:17 PM  
**Last Modified:** Friday, March 08, 2019 1:42:55 PM  
**Time Spent:** 00:03:38  
**Email:** kailynaragon@gmail.com  
**IP Address:** 174.254.130.8

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

Since the first day

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes. They come home and show me what they learned. They seem more confident in themselves

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes. From what I observed he's patient with the kids. Takes the time to show them

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes they want to be more active.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Sometimes but nothing major

---

**Q7** In what ways can we do better?

Greet the parents and talk to them

---

#7

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 1:58:12 PM  
**Last Modified:** Friday, March 08, 2019 2:00:24 PM  
**Time Spent:** 00:02:11  
**Email:** melissa.e.landess@gmail.com  
**IP Address:** 75.161.212.193

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

a couple of months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes, he is very aware of what he needs to succeed!

---

**Q5** Have you noticed improvements in your child's physical fitness?

yes

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

no

---

**Q7** In what ways can we do better? **Respondent skipped this question**

---

#8

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 2:40:15 PM  
**Last Modified:** Friday, March 08, 2019 3:07:11 PM  
**Time Spent:** 00:26:56  
**Email:** jenniferdenise82@gmail.com  
**IP Address:** 174.237.142.249

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

About 1 1/2 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

YES!! My son is not very active and has limited interest and diet, but lately he has asked about healthier foods, stops throughout the house to do push ups or stretches, and has committed himself to a water drinking challenge for spring break to drink only water instead of sugary drinks. The best part was a few weeks ago. A kid in the cafeteria pushed or shoved him, so my son took his fight stance and threw a few blows into the air (he didn't hit the), but scared him enough that he isn't bothering him anymore. While we dont like the idea of fighting, this was the first time after years or teasing and bullying that my son stood up for himself and we couldn't be prouder!!

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes, Marc is great! He goes at my son's pace and breaks everything down into simple, direct steps and is very reassuring. He is taking time to learn how to read my son and how far he can push him without over doing it. I wish school teachers were as interested in learning how to work with him.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes. My son is overweight which was a concern for us and his doctor and lacked motivation to exercise. While his journey to physical fitness will take time, he's motivation has improved along with his flexibility and fine motor skills. He is now doing more conditioning in his practice, so we expect more improvements

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Yes (see previous). Because of his autism, social interactions can be hard for him which leaves him vulnerable to students and teachers. We are hoping that this program will help increase his self esteem and confidence in his abilities while controlling his anger and frustration.

---



## IncredAble Adaptive MMA Client Survey

### Q7 In what ways can we do better?

Don't ever end this program! Infact, expand it. Not just to other students, but include the family. Siblings of special needs individuals often feel left out, so a special sibling day would be great. And parents too. Everyday we fight. We fight school systems, health providers, waitlist, a lack if knowledge from the general community, and mostly our and our kid's insecurities. A parent night to release that would be therapeutic

---

#9

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 3:58:50 PM  
**Last Modified:** Friday, March 08, 2019 4:06:09 PM  
**Time Spent:** 00:07:18  
**Email:** k19jbv94@q.com  
**IP Address:** 174.28.28.173

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

6 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Absolutely a positive experience. Vinny has gained confidence, balance, and completely enjoys his time with his coach !

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Absolutely, Vinny's coach rearranges his schedule and does his best to make coaching time available.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes. Vinny's stamina, attitude, endurance, has improved. The routines of punching and kicking have helped Vinny cognitively as well.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Vinny doesn't really understand bullying.

---

**Q7** In what ways can we do better?

We are grateful for Vinny's coach. He has learned so much and is a very caring guy.  
We love the program.

---

# #10

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 6:55:36 PM  
**Last Modified:** Friday, March 08, 2019 7:00:24 PM  
**Time Spent:** 00:04:48  
**Email:** emtidiane@hotmail.com  
**IP Address:** 174.28.31.127

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

Almost 2 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes. Not only confidence but listening and gross motor skills. He used to be scared to do anything sport related. Would cry even going into a class. He is relaxed has a blast and requests to go the following week.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes! Alex has a gentle soul. He is quiet spoken has a kind heart is patient with Zi and does a fantastic job giving him positive reinforcement. You can tell he truly cares about what he's doing. My husband and I are very pleased.

---

**Q5** Have you noticed improvements in your child's physical fitness?

His stamina during sessions is amazing! He used to tire out doing anything physical but with Alex he goes a full hour does drills gets on the bike runs etc.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Yes. He is currently being bullied. In fact we had an issue last week. The problem is since Zion has autism he doesn't pick up on social cues and thinks kids are laughing with him rather than at him—is too trusting and will do whatever others ask as he simply wants to belong.

---

**Q7** In what ways can we do better?

My only thought here would be to offer different times but I know you're limited when you can use the gym.

---

#11

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 08, 2019 7:29:03 PM  
**Last Modified:** Friday, March 08, 2019 7:39:07 PM  
**Time Spent:** 00:10:03  
**Email:** 1975jeffers@gmail.com  
**IP Address:** 75.161.97.47

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

1 year.

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes. He's more outgoing, 100% less shy. Super....confident.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes. Coach Alex is another member of our family. SO much so, he spent Thanksgiving with us. When we get to practice he already has a plan for the session. He's gone above and beyond his duties as coach.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes, he's been growing and getting stronger all the time.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

I don't believe so. He looks forward to school. I ask his everyday how his day was and he is almost always positive.

---

**Q7** In what ways can we do better?

I can't think of anything. Our family and friends have nothing but good experiences and a ton of great memories with the program. We look forward to the future in I.A.MMA

---

# #12

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Saturday, March 09, 2019 8:56:04 AM  
**Last Modified:** Saturday, March 09, 2019 9:01:34 AM  
**Time Spent:** 00:05:30  
**Email:** jpalomaresa@aol.com  
**IP Address:** 97.123.76.40

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

2 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

yes, he is motivated to exercise. He practice everyday a home. He looks happier because he likes that feeling that he is doing something good for him.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

yes, He really focus on Victor and is making sure that he understand.

---

**Q5** Have you noticed improvements in your child's physical fitness?

yes, his resistance is improving as well he is learning exercises that he practice at home.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

No

---

**Q7** In what ways can we do better?

I can not think on anything else. Evething is working pretty good for us.

---

# #13

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Monday, March 11, 2019 10:03:50 AM  
**Last Modified:** Monday, March 11, 2019 10:07:36 AM  
**Time Spent:** 00:03:46  
**Email:** specialeventsdpnm@gmail.com  
**IP Address:** 143.120.57.208

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

1 year

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

I am more motivated to do stuff and I love my coach HENRY1  
HE REALLY MOTIVATES ME TO BE MORE POSITIVE IN LIFE!

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

henry is awesome and yes he does help me succeed!!

---

**Q5** Have you noticed improvements in your child's physical fitness?

I have lost a lot of weight and have slimmed down!

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

nope

---

**Q7** In what ways can we do better?

I just need a little more motivation to get my butt to my mma class!

---

#14

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Monday, March 11, 2019 2:00:11 PM  
**Last Modified:** Monday, March 11, 2019 2:08:49 PM  
**Time Spent:** 00:08:38  
**Email:** larnoldgonzales@gmail.com  
**IP Address:** 172.58.62.168

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

About ten months.

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes, definitely his core strength as greatly improved, which made his workouts better. Coach Daniel's positive attitude has made him feel better about himself.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Again it's his positive attitude and his patience with my child that's made Isaiah believe that he will be good at MMA.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Core strength is the biggest improvement, but we have seen an increase in his coordination.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

He was until recently!

---

**Q7** In what ways can we do better?

We hope that we can gradually increase our time with coach.

---

# #15

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Wednesday, March 13, 2019 11:00:48 AM  
**Last Modified:** Wednesday, March 13, 2019 11:09:26 AM  
**Time Spent:** 00:08:38  
**Email:** GarySandberg14@gmail.com  
**IP Address:** 73.26.7.87

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

2 years

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

yes, he has more energy, more stamina, better movements, more flexibility

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

yes, he does. He's always there to motivate him to do better at his workouts as well as personal life.

---

**Q5** Have you noticed improvements in your child's physical fitness?

yes he has more stamina

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

no

---

**Q7** In what ways can we do better?

the whole team is doing great.

---



# #16

**COMPLETE**

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 15, 2019 10:51:12 AM  
**Last Modified:** Friday, March 15, 2019 10:58:13 AM  
**Time Spent:** 00:07:01  
**Email:** mbuenaventa@gmail.com  
**IP Address:** 15.65.243.10

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

Over a year.

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Absolutely!! He is able to move and control his body in ways he couldn't before and it's given him the confidence to do other activities out side of MMA.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

The coaches are amazing and are so kind and understanding on the days he has a hard time focusing and settling his body.

---

**Q5** Have you noticed improvements in your child's physical fitness?

He's grown in strength and the ability to stretch.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Its something that happens off and in as he can't destinguish between a friend and someone who is hurting him or being mean. Is someone talks to him he thjnks they are instantly his friend.

---

**Q7** In what ways can we do better? **Respondent skipped this question**

---

# #17

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 15, 2019 2:23:41 PM  
**Last Modified:** Friday, March 15, 2019 2:25:30 PM  
**Time Spent:** 00:01:48  
**Email:** davistr@msn.com  
**IP Address:** 144.92.92.174

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

4-5 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

yes. It empowers her to get stronger and learn new skills

---

**Q3** Is your child motivated to attend lessons? **Sometimes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes, He's a sweet guy and really wants to see her do well and test up and learn new moves and get stronger

---

**Q5** Have you noticed improvements in your child's physical fitness?

Some

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

no

---

**Q7** In what ways can we do better?

I can't imagine any way to make it better! It's a fabulous program and we feel very lucky to have found it!

---

#18

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 15, 2019 2:46:47 PM  
**Last Modified:** Friday, March 15, 2019 2:52:19 PM  
**Time Spent:** 00:05:32  
**Email:** lggy12sammy@hotmail.com  
**IP Address:** 174.237.137.235

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

5 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Absolutely have! He is more active, more confident, and more social. All of the things he didnt have before the program

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Absolutely! Henry is the best! We love him especially our son!

---

**Q5** Have you noticed improvements in your child's physical fitness?

We sure have, prior to starting this program he hated any physical activity and only wanted to play video games, and hated running now he is super motivated and always looking forward to his sessions.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Not that we know of.

---

**Q7** In what ways can we do better?

We have no complaints, in fact all we do is brag about this program you offer. We have nothing but great things to say about the Adaptive MMA at JacksonWink.

---

# #19

**COMPLETE**

**Collector:** Email Invitation 2 (Email)  
**Started:** Friday, March 15, 2019 8:01:40 PM  
**Last Modified:** Friday, March 15, 2019 8:04:18 PM  
**Time Spent:** 00:02:38  
**Email:** tjlaguna@aol.com  
**IP Address:** 97.123.94.196

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

One month

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

Yes. They feel stronger and seem more motivated.

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes. He is very attentive to my children and their needs as it pertains to MMA skills.

---

**Q5** Have you noticed improvements in your child's physical fitness?

Yes

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Yes

---

**Q7** In what ways can we do better?

Continue the program.

---

#20

COMPLETE

**Collector:** Email Invitation 2 (Email)  
**Started:** Saturday, March 16, 2019 8:16:20 PM  
**Last Modified:** Saturday, March 16, 2019 8:26:54 PM  
**Time Spent:** 00:10:34  
**Email:** mbart68@msn.com  
**IP Address:** 73.242.212.87

---

Page 1

**Q1** For approximately for how long has your child been participating in the program?

10 months

---

**Q2** Have you seen positive changes in your child's confidence since beginning our program? If so, can you explain?

yes, more confident in trying more physically demanding workouts

---

**Q3** Is your child motivated to attend lessons? **Yes**

---

**Q4** Does your child's coach seem genuinely interested in helping your child succeed? Please explain.

Yes, Coach Marc and Coach Josh are both very patient with our son. They treat him with dignity and respect and expect him to participate just like any other student!

---

**Q5** Have you noticed improvements in your child's physical fitness?

Much stronger, better balance, coordination and more muscle strength.

---

**Q6** Is your child currently being bullied or do you suspect he/she is?

Not that we know of.

---

**Q7** In what ways can we do better?

This program has been a Blessing!

---