

Adaptive Training Foundation Youth Program Builds Strength, Confidence and Community for Young Adaptive Athletes

With support from Globe Life, cost-free program builds strength, confidence and belonging for young adaptive athletes

DALLAS, TX, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- For children growing up with physical disabilities, opportunities to participate in sports and physical activity alongside people who understand their experiences can be difficult to find. [Adaptive Training Foundation \(ATF\)](#), with support from Globe Life, is working to change that through a year-round program designed specifically for the next generation of adaptive athletes.



Young athletes participate in Adaptive Training Foundation's cost-free Adaptive Youth Program, supported by Globe Life, building strength, confidence and community through adaptive training and mentorship.

ATF's Adaptive Youth Program provides 100% cost-free adaptive training, camps and mentorship for young athletes with physical disabilities throughout the Dallas-Fort Worth Metroplex. The program currently serves children and teens ranging in age from 8 to 18 and includes nine one-day clinics and three week-long summer camps annually.

Built on the same holistic approach as ATF's adult programming, the youth program combines physical training with mentorship, peer connection and family engagement, creating an environment where young athletes can discover what their bodies can do while connecting with people who understand their experiences.

"For many of our adaptive youth athletes, ATF is the first place where they don't feel different, they feel like they belong," said Colin Anderson, Executive Director of Adaptive Training Foundation. "That experience can change the trajectory of a young person's life. We're deeply grateful to Globe Life for helping us create a community where these kids can build confidence, discover their strength, and grow into the people they're meant to become."

That sense of belonging is built intentionally into every part of the program. Young athletes train alongside peers with shared experiences and work closely with ATF coaches and alumni athletes who understand firsthand how to adapt movement to their individual bodies.

During ATF's week-long summer camps, each child is paired with an ATF alumni mentor, creating a one-to-one relationship centered on more than physical training. Those mentors provide encouragement, guidance and a visible example of what is possible, with relationships that often continue long after camp ends.

"What ATF is doing for young adaptive athletes is transformational," said Jennifer Haworth, Chief Marketing Officer at Globe Life. "We are honored to join ATF in helping change the lives of kids as they discover just how capable they truly are and there are no limits to what they can achieve."

For families, the program also creates something that can be difficult to find: a community of children, parents, athletes and mentors connected by shared experiences rather than defined by physical differences.

About from Globe Life

Globe Life (NYSE: GL) is headquartered in McKinney, TX, and has more than 17,000 insurance agents and 3,600 corporate employees. With a mission to Make Tomorrow Better, Globe Life and its subsidiary companies issue more life insurance policies and have more policyholders than any other life insurance company in the country, with more than 17 million policies in force (excluding reinsurance companies, as reported by S&P Global Market Intelligence 2024). Globe Life's insurance subsidiaries include American Income Life Insurance Company, Family Heritage Life Insurance Company of America, Globe Life And Accident Insurance Company, Liberty National Life Insurance Company, and United American Insurance Company. More information is available at [GlobeLifeInsurance.com](https://www.GlobeLifeInsurance.com).

About Adaptive Training Foundation

Adaptive Training Foundation (ATF), a 501c3 adaptive therapy organization based in Carrollton, Texas, is a global leader in restoring hope through movement to those with traumatic injuries. Their 100% free programs aid those with physical impairments by maximizing their capabilities and redefining their futures through exercise and community. Their dedicated roster of trainers help the adaptive athletes maximize their potential, rather than focusing on the limitations. To learn more about Adaptive Training Foundation, visit <https://www.adaptivetrainingfoundation.org>.

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