Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, t-shirts, bracelets, water jugs, exercise equipment and more.

Walking Clubs can be lead or co-lead by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club!

Start a Walking Club with your team to stay fit! Challenge yourself and your teammates to be more active and log more miles. The more miles you walk, the more rewards you earn for yourself and your team! This is all at no cost to the team or local program!

Walking Clubs include:

WEARABLE ACTIVITY TRACKER

STEP TRACKER

Register for a Walking Club through the season registration portal or email fitness@sowa.org