



Athletes for Kids Program Summary

www.athletesforkids.org

Athletes for Kids (AFK) was founded in 2002 at Skyline High School in Sammamish with 4 mentors.

Our mission is to enhance the lives of children who have disabilities and special needs and the high school athletes who mentor them. We believe that modeling acceptance, inclusion, and respect of all individuals transforms and strengthens our communities.

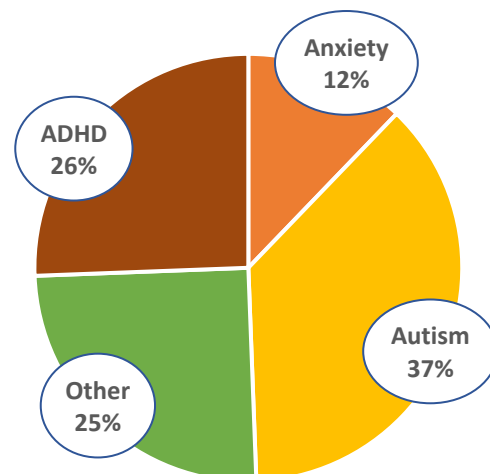
Mentors: High school athletes from 11 AFK Chapter High Schools (see below list of schools)

Mentees: Children in the 1st to 12th grades who have a disability (see below list of disabilities)

High School Chapters: 11 high schools where we recruit mentors and provide them with orientation and monthly training

Current AFK Mentee Special Needs and Disabilities:

- Autism (37.2%)
- ADHD (25.6%)
- Anxiety (12.2%)
- Other special need/disability (6.7%)
- Down Syndrome (3.7%)
- Learning/Intellectual Disability (3%)
- Developmental Disability (2.4%)
- PTSD (2.4%)
- Sensory processing disorder (1.8%)
- Cerebral Palsy (1.2%)
- Speech Disability (0.6%)
- Vision Impairment (0.6%)
- Physical Disability (0.6%)
- Tourette's (0.6%)
- Depression (0.6%)
- OCD/ODD (0.6%)



11 Current AFK High School Chapters:

1. Eastlake High School	Sammamish
2. Eastside Catholic High School	Sammamish
3. Issaquah High School	Issaquah
4. Juanita High School	Kirkland
5. Lake Washington High School	Kirkland
6. Liberty High School	Renton
7. Mercer Island High School	Mercer Island
8. Mount Si High School	Snoqualmie
9. Newport High School	Bellevue
10. Redmond High School	Redmond
11. Skyline High School	Issaquah

Athletes for Kids serves children in the cities of Bellevue, Issaquah, Kirkland, Mercer Island, Newcastle, North Bend, Redmond, Renton, Sammamish, Snoqualmie, and Woodinville. We currently serve over 100 mentee schools in King County. We also have mentees who are homeschooled or in specialized schools.

Number of mentors and mentees served in 2025:	411
2025 mentoring hours by mentors:	7,001 hours
2025 non-mentoring volunteer hours by mentors:	1,136 hours
2025 orientation and monthly training provided to our mentors:	1,552 hours

Athletes for Kids offers free monthly mentor/mentee events as an opportunity for socialization in an inclusive atmosphere.

Orientations for new mentor and mentee parents are offered throughout the year. These meetings provide an overview of the program with an emphasis on mentor and mentee parent expectations. Staff are always available to answer any questions regarding the program. Families can also find helpful resources on our website.

Demographics of Mentees and Mentors (2025 Data):

Race: 55% are Caucasian and 44% are non-white or multiracial

Age: 33% (Age 6-12) 47% (Age 13-17) 20% (Age 18-19)

Income: 4% (low <50%AMI), 1% (moderate <80%AMI), 32% (above moderate >80%AMI), 63% unknown

Gender: 36% Females, 64% Males

Program Feedback (2025 Survey Results):

100% of mentee parents stated that they would recommend the AFK program.
99% of mentee parents think having a mentor is making a positive difference in their child's life.
99% of mentee parents reported they saw improvement in at least one of the following areas: happiness, confidence, social skills, classroom behavior, communication skills, self-esteem, friendship, and attitude towards school.
100% of mentors reported that the AFK program meets or exceeds their expectations.
100% of mentors think being a mentor is making a positive impact on their life.
100% of mentors reported the program impacted their life in at least one of the following areas: leadership skills, service, community engagement, compassion/patience, character development, and friendship.