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**“You are more  
than an addict,  
you are a  
Champion!”  
- Coach Blu**



OUR MISSION IS  
TO ESTABLISH  
AND MAINTAIN  
SOBRIETY BY  
PROMOTING  
LIFESTYLE  
CHANGES  
THROUGH  
ERASING  
ADDICTION AND  
REPLACING IT  
WITH THINGS OF  
GREATER VALUE.

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**ADDICT  ATHLETE**



# Erase & Replace

## WHO IS AIIA FOR?

Anyone Affected By Addiction. Addiction Doesn't Discriminate And Neither Do We. Addiction Is Addiction, Whether It Is Drugs, Pornography, Gaming, Food Or More, We Are Here To Help.

Everyone Is Welcome, From Those In Recovery To Those Who Have Never Struggled Like Family, Children, Friends And Coworkers. Please Join Us. We Can All Learn From Each Other.

## WHAT WE OFFER

- Free Community Support Groups
- Online Support and resources
- Service Projects
- Races and Events
- Personal Training



## WHAT WE DO

- Provide Help To Individuals Seeking Assistance And Support In Recovery.
- Provide Free Support Meetings In Established Communities.
- Provide Service Within Our Communities And Beyond.
- Assist Individuals In Achieving Their Athletic And Health Goals.
- Fundraise For Community Athletic Events.
- Provide Sponsorships For Members To Participate In Local Athletic Events.
- Obtain Gear Necessary For Athletes To Participate In Sporting Activities.
- Provide Outlets And Resources For The Aiiia Minor League (18 And Younger).

**AGENT OF RECOVERY**

## OUR APPROACH

- We Are Not A 12 Step Program. There Are Many Paths To Long Term Sobriety And Recovery.
- Individuals Can Heal From Addiction. It Does Not Have To Be A Life Long Fight. Hope Is Not Lost.
- We Do Not Ask Individuals To Identify As Addicts. It May Be Part Of Them, But It Isn't Who They Are.
- We Assist Individuals In Moving From Addict To Athlete, Artist, Scholar, Friend And More.
- Focus On Positive Attributes Of Individuals And The Future, Rather Than Dwelling On Past Substance Use.
- Inclusive To All Individuals. Does Not Separate Those Who Are In Recovery From Those Who Have Never Suffered.
- Promote Balance And Service.
- Families Are Encouraged To Attend. Families That Play Together Will Heal Together.