



# Special Olympics New York: An Introduction



***Special Olympics***  
*New York*

# What to Expect

- Special Olympics Basics & History
- Overviews of Program Options
- Typical Year
- Next steps
- Q&A



# Quick Action Items

In the chat, please write

- Your name
- Loved one's name & age
- Borough
- Any existing experience with Special Olympics?

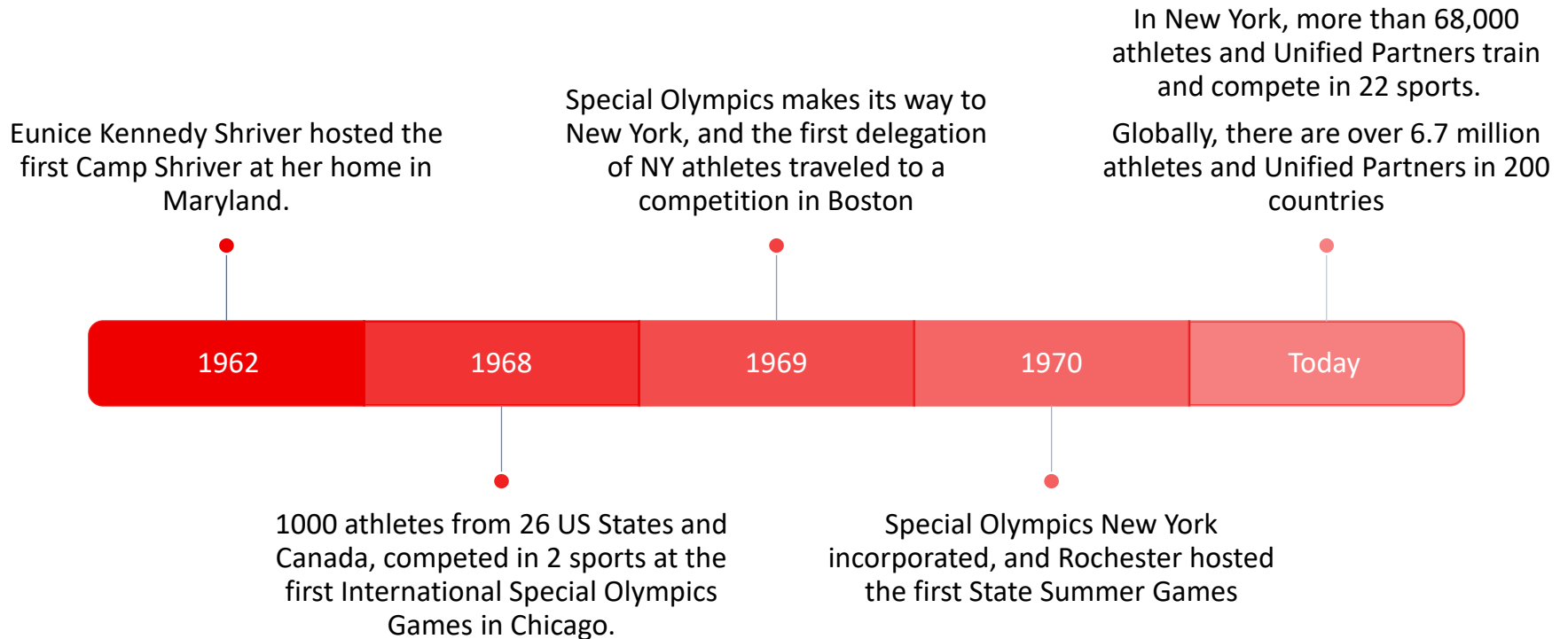


# The Basics

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# History of Special Olympics



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# Structure

## Special Olympics, Inc. (SOI)

CEO: Mary Davis  
Board Chair: Timothy Shriver  
Headquarters in DC

## Special Olympics North America

One of 7 Continental Regions; includes 51 US chapters, Canada, and the Caribbean

## Special Olympics New York

CEO: Stacey Hengsterman  
Board Chair: Ceylane Meyers-Ruff

## New York City Region

One of 9 Regions across the State

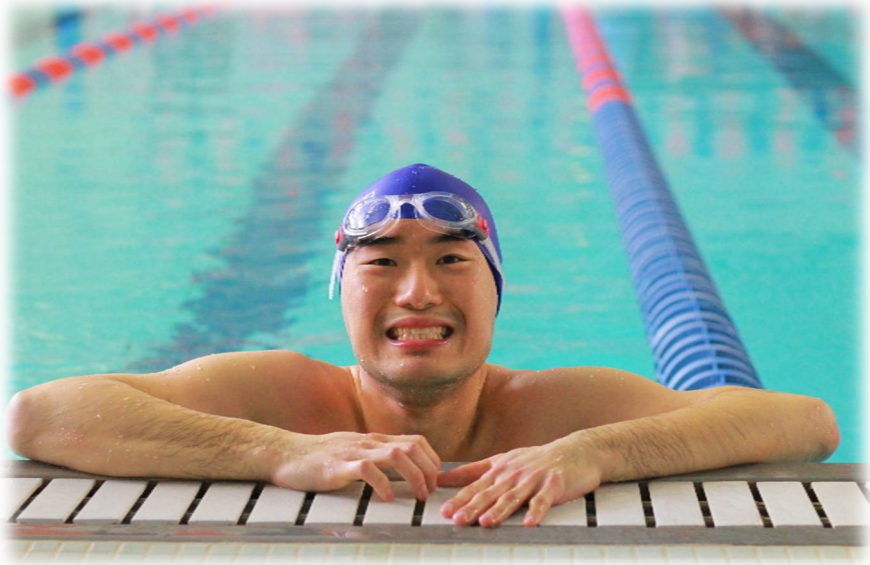
## Individual Clubs

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# Defying Expectations



# Program Options

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# We are your game for life!



From pre-K through the transition out of school and beyond, there are Special Olympics programs for everyone, **regardless of age or ability level.**

# Uniqueness from Other Sports Organizations

Special Olympics is more similar than different from other sports organizations. However, it is important to identify the five areas that make Special Olympics unique. Per Official Special Olympics General Rules:

- A variety of sports opportunities are provided for **ALL** ability levels
- Ability groupings are created through a process called divisioning to provide equitable competition (like ability) for all athletes within each ability grouping (division)
- Awards are provided to all participants who compete
- The established criteria for athlete advancement to higher levels of competition is based on order of finish for each division and random draw
- Special Olympics does not charge a fee to athletes (or their families) to train or compete

# Our Programs

- Young Athletes
- Developmental Sports
- Sports Training & Competition
- Unified Champion Schools
- Health and Wellness



# Young Athletes

**Young Athletes™**  
*At Home*

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# Introduction

# Young Athletes

- Inclusive sport and play program for children ages 2 to 7
- Introduces basic sport skills, like running, kicking, and throwing
- Provides children of all abilities the same opportunities to advance in core developmental milestones
- Not sport specific, but develops sport-readiness for when students are older



# Resources Available- For Families



## New Parent Guide

- Resource guide to support parents
- Helps to navigate a diagnosis
- Includes definitions, definitions, and information on different therapies
- Includes advice from parents and social/emotional support
- Links to other useful resources
- Also available in Spanish and French



# Resources Available- For Families



## Family Flash Cards

- Activities in each skill area, listed by ease and difficulty
- Designed for easy implementation at home
- Additional in 3 languages: English, Spanish, or Chinese



## Young Athletes at Home Videos

- Align with the 8 skill areas in the Activity Guide and Family Flash Cards
- Most videos are 3-5 minutes long, breaking down a full "day" of activity into smaller sections that families can move through based on interest
- 3 days of activities for each skill area, for a total of 24 days

# Developmental Sports

- Inclusive, age-appropriate introduction to sport-specific training for children ages 6-12
- Non-competitive
- Designed to support a transition from Young Athletes into competitive Special Olympics programming
- Ready to use resources available for Badminton, Basketball, Cycling, Floorball, Soccer, Swimming, Volleyball, and Tennis



# Sports Training and Competition

## Training

- 23 Sports in 3 seasons
- Activities adapted for broad range of abilities
- Team and Individual sport options
- Motor Activity Training Program (M.A.T.P.)

## Competition

- Follow sport rules, as outlined by established governing bodies for credible, meaningful competition
- Opportunities across ability levels (skills, modified events)
- Divisioned events for equitable competition
- Potential to advance to National and World Games





# Unified Champion Schools

A strategy to activate youth, engage educators, and promote school communities of acceptance and inclusion where all young people are agents of change.



Special Olympics  
**Unified Champion  
Schools®**



# Health and Wellness

- Designed to ensure athletes and partners can perform at their best, on and off the field
- Healthy Athletes medical screenings provide inclusive health services that otherwise may not be available, to address health disparities faced by people with intellectual disabilities
- Healthy Communities infuses health and wellness into all aspects of Special Olympics Programming



# A Typical Year

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# Fall Season

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## Timeline:

July through late October/early November

## Sports:

- Equestrian
- Soccer
- Softball
- Bocce
- Golf
- Cross-Country Running

## Competitions and Events:

- Long Island Equestrian Show (TBD)
- Long Island Fall Classic (September)
- Long Island Bocce Invitational (October)
- Inclusion Cup/Fall Invitational (October)
- Fall State Games (October)



# Winter Season

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## Timeline:

November - February

## Sports:

- Floor Hockey
- Snowshoe
- Skiing (Downhill and Cross Country)
- Figure Skating
- Competitive Fitness

## Competitions and Events:

- Long Island Champion's Challenge (November)
- Peter Aquilone Winter Classic (December)
- Hudson Valley Floor Hockey Invitational (January)
- Capital District Region Winter Invitational (January)
- Figure Skating Invitational (February)
- Winter State Games (February)





# Summer Season

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## Timeline:

March - June

## Sports:

- Basketball
- Bowling
- Gymnastics
- Powerlifting
- Swimming
- Tennis
- Track
- Volleyball

## Competitions and Events:

- Basketball Skills Competition at Riverdale
- Basketball and Swimming at Fieldston
- Basketball Tournament at Fordham
- Bowling at Rab Lanes and Jib Lanes
- Metro Games
- Swimming at Maritime
- Volleyball Invitational at Mount Saint Vincent
- Summer State Games (June)



# Year-Round

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- Young Athletes
- Health & Wellness, including Fitness
- Unified Champion Schools
- Athlete Leadership
- Some MATP Programs

# Next Steps

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# Start a Program

- Recruit Coaches
- Set up a Coach Training
- Recruit Athletes (We can help!)
- Register team with Athlete Paperwork and Team Roster
- Begin Sport Training
- Attend or Plan a Culminating Event!





# Join a Program

- Athlete Registration and Medical Forms
- Volunteer and Coach Training
- Work with our office to find the right program and team
- Start training!



# Coach Education

- **Level 1 Coach:** General Orientation to Special Olympics and Coaching Special Olympics Athletes + Concussion and Protective Behaviors
- **Level 2 Coach** (required for Head Coaches): Level 1 plus sport-specific training



# Athlete Registration Packet

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Questions?



**Thank You!**