

# GENERAL ORIENTATION

SPECIAL OLYMPICS SOUTH CAROLINA



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# SPECIAL OLYMPICS MISSION

- To provide year-round sports training and athletic competition in a variety of Olympic-type sports for people with intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community.



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“Special Olympics is humanity’s greatest classroom, where lessons of ability, acceptance, and inclusion are taught on the fields of competitions by our greatest teachers- the athletes.”

Tim Shriver



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# ATHLETE OATH

- “Let me win. But if I cannot win, let me be brave in the attempt.”



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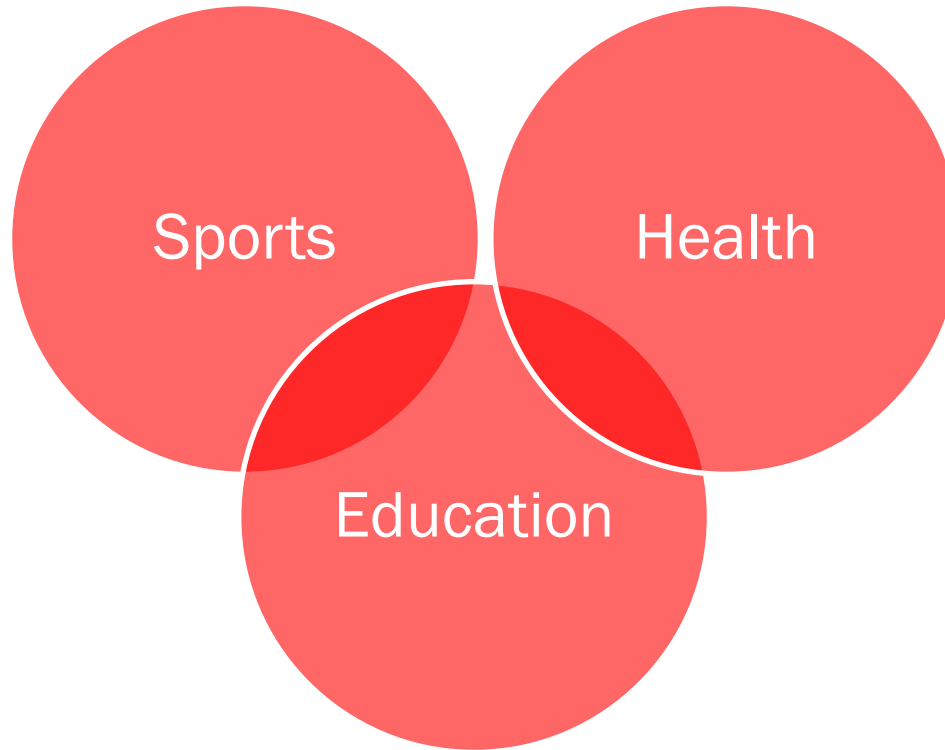
# YOU NEED TO KNOW...

- SOSC = Special Olympics South Carolina
- SOI = Special Olympics Incorporated
- SOSC has 30,707 athletes and conducts more than 490 sports competitions per year supported by over 25,000 volunteers and 2613 coaches



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# 3 AREAS OF FOCUS



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# SPORTS



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## 9 FACTS YOU NEED TO KNOW...

- SO is for children & adults with intellectual disabilities
- SO is free to athletes
- SO athletes compete as early as age 8
- SO is year-round
- SO is worldwide (more than 180 sanctioned programs)
- SOSOC offers 26 different sports (SOI, 35)
- SO offers individual as well as team sports
- SO stresses training as well as competition, athletes must train at least 8 weeks prior to competition
- SO is sanctioned by International Olympic Committee



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# SPECIAL OLYMPICS HAS



- Governing bodies
- Levels
- Divisioning
- Inclusion
- Opportunities for Advancement



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# YOU MAY KNOW...

- All SO competitions follow the Official SO Sports Rules, which have been adapted from official rules of the National Governing Body or International Federation of each sport offered by SO.
- SO offers various levels of competition based on ability levels.



# SUMMER/FALL SPORTS OFFERED BY SOSOC



- Aquatics
- Basketball
- Bowling
- Equestrian
- Football (soccer)
- Golf
- Artistic Gymnastics
- Rhythmic Gymnastics
- Powerlifting
- Roller Skating
- Softball
- Tennis
- Track & Field
- Volleyball



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# WINTER SPORTS BY SOSOC

- Alpine Skiing
- Snowboarding
- Figure Skating



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# UNIFIED SPORTS

- Unified Sports is combining approximately equal numbers of Special Olympics athletes with athletes without intellectual disabilities (called Unified Partners) on sports teams for training and competition.
- Unified Partners and SO Athletes should have similar sports skills.
- Unified Sports is offered in both individual (an athlete and unified partner paired together) and team sports.



# UNIFIED SPORTS

- Aquatics
- Badminton
- Basketball
- Bocce
- Bowling
- Cheerleading
- Flag Football
- Golf



- Artistic Gymnastics
- Rhythmic Gymnastics
- Kayaking
- Sailing
- Soccer
- Softball
- Tennis
- Track & Field
- Volleyball



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# 4 ESSENTIAL ELEMENTS OF SPECIAL OLYMPICS PROGRAMS

- Coaches' Training
- Athletes' Training
- Divisioning & Competition
- Olympic-style Competition/Events



# COACHES' EDUCATION

- Special Olympics depends on its coaches to be well informed on not only the rules of the sport but also coaching techniques and impassioned in their delivery.
- We offer certification options in sports skills, tactics for coaching individuals with intellectual disabilities, and continuing education such as first aid courses.
- Once completed, we require 10 practicum hours and a recertification process of every 3 years to keep our coaches fresh and energized.



In deciding number of coaches per team or group, coaches are asked to follow a 4 athletes to 1 coach ratio. (4:1)



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# LEVELS OF COMPETITION

Every ability level is accommodated in Special Olympics in a variety of sports.

- *Developmental*  
25m assisted walk (Athletics), 15m flotation race (Aquatics), MATP
- *Individual Skills*  
Adapted events for many Individual and Team sports such as Basketball, Golf, Soccer, Softball, Tennis, or Volleyball
- *Modified Team Events*  
3-on-3 Basketball, 5-a-side Soccer, 9-hole alternate shot Golf Competition
- *Team Events*
- *Unified Sports*



# OPENING CEREMONIES

## Should Include

- Parade of Athletes
- Recitation of the SO Athlete Oath
- Presentation of the Flame of Hope

## Can Include

- National Anthem/Pledge of Allegiance
- Presentation of Colors
- Speaker from the Community
- Declaration of the Opening of Games by Guest of Honor
- Live Entertainment



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# AWARDS & CLOSING CEREMONIES

Each competitor is awarded through ribbons on the local level and medals on the state, national, or international level. Places are awarded 1<sup>st</sup> through 8<sup>th</sup> with those who are disqualified receiving “Participant Ribbons”



State, national and international competitions are celebrated through Closing Ceremonies which acknowledges the accomplishments through short programs and a Victory Dance.



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# SOSC COMPETITION OPPORTUNITIES

## *Summer Games, May*

- Aquatics
- Athletics
- Badminton
- Masters Bocce
- Bowling (under 21)
- Artistic Gymnastics
- Rhythmic Gymnastics
- Powerlifting
- Softball

## *Fall Games, November*

- Bocce (under 21)
- Masters Bowling
- Disc Golf
- Golf
- Flag Football
- Soccer
- Volleyball

## *One Day Tournaments*

- Basketball  
(Columbia, April)
- Cheerleading  
(Columbia, March)
- Kayaking  
(Charleston, Aug.)
- Sailing  
(Charleston, June)
- Equestrian  
(Aiken, June)
- Tennis  
(Columbia, September)



# YOUNG ATHLETES PROGRAM



Young Athletes Program is for athletes 2-7 years old designed to prepare them for sports participation by increasing strength and coordination while developing group play.



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# MOTOR ACTIVITIES TRAINING PROGRAMS



Motor Activities Training Program is designed for athletes with severe motor limitations who do not possess the physical skills to participate in Special Olympics sports. They meet challenges that are designed for both mental and physical development.



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# HEALTH



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# HEALTH DISPARITIES

- Individuals with ID is the most underserved health group worldwide.
- Most health issues for individuals with ID are not a result of their disabilities, rather, poor health care, poor education and poor health promotion.
- Special Olympics is the #1 health provider for individuals with intellectual disabilities.





# HEALTHY ATHLETES PROGRAMS



The Healthy Athlete Mission is to provide health services and to train other health professionals to work with individuals with intellectual disabilities.



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# HEALTHY ATHLETES PROGRAMS



During Special Olympics competitions, athletes can receive a variety of free health screenings and services in a series of clinics conducted by health care professionals. These professionals are specifically trained to meet the health needs of persons with intellectual and developmental disabilities.

- FitFeet
- FUNFitness
- Healthy Hearing
- Opening Eyes
- Special Smiles
- Sun Safety
- Health Promotion



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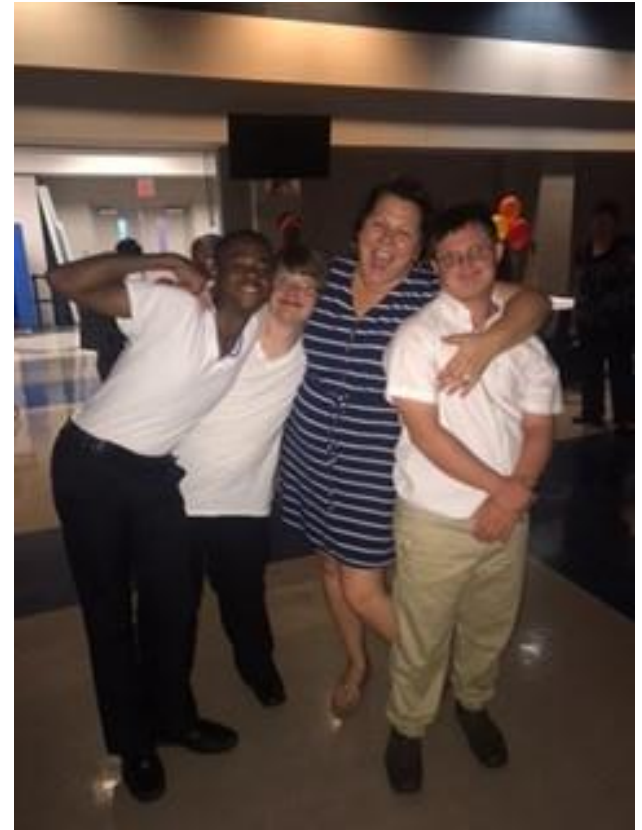


# EDUCATION



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# DEFINING A UNIFIED CHAMPION SCHOOL...



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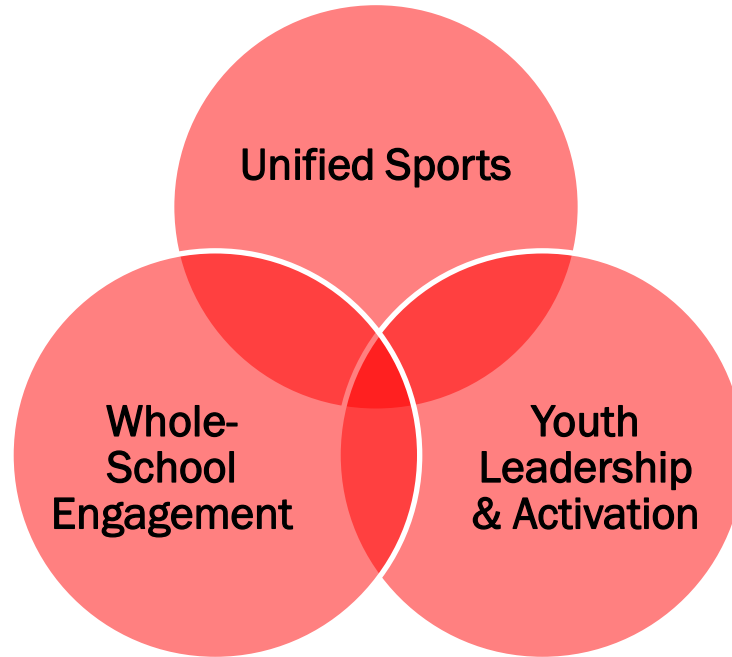
# UNIFIED CHAMPION SCHOOLS

- Unified Champion Schools seeks to change the atmosphere in preK-12 schools through sports programming giving opportunities to train and compete in Unified Sports. Students are also encouraged to build relationships and advocate for inclusion of Special Olympics athletes in their school communities, providing opportunities for true youth leadership for individuals with and without intellectual disabilities.



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# UNIFIED CHAMPION SCHOOL'S 3 COMPONENTS



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# ATHLETE LEADERSHIP PROGRAMS

Athlete Leadership Programs is designed to offer positions in the organization for athletes who display leadership qualities. With training and support, athletes can become....

- Certified Coaches
- Certified Officials
- Board Members
- Global Messengers
- Event Volunteer



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# POWER IN PARTNERSHIPS

Special Olympics recognizes opportunities to partner with other organizations and groups to offer sports in a variety of ways and forums.

- School Systems
- Parks & Recreation
- Sports Organizations
- Other Nonprofits



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# FUNDRAISING

- Approximately 70% of SOSOC's funding comes from loyal individual donors. Other funding is secured via corporate sponsors, special events, and grants.
- The Law Enforcement Torch Run (LETR) helps to garner individual donations and holds special events through the efforts of officers and employees throughout the state.



# ONLINE RESOURCES

- [www.specialolympics.org](http://www.specialolympics.org)
- [www.so-sc.org](http://www.so-sc.org)



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