

The Special Olympics Movement

Special Olympics is a global movement that unleashes the human spirit through the transformative power and joy of sports. Using sports as the catalyst, and including programming on health and education, Special Olympics is fighting inactivity, injustice and intolerance. As a result people with intellectual disabilities become accepted and valued members of their communities, which leads to a more respectful and inclusive society for all.

For people with intellectual disabilities, the benefits of participation in Special Olympics include:

- › Improved physical fitness and motor skills
- › Greater self-confidence
- › A more positive self-image
- › Lifelong friendships

Special Olympics athletes carry these benefits into their daily lives at home, in the classroom, on the job and in the community. For athletes, Special Olympics provides a gateway to empowerment, competence, acceptance and joy.

Special Programs

There are two **Athlete Leadership Programs** offered that educate and train individuals with intellectual disabilities in literacy, leadership and speaking skills. The **Global Messenger** program teaches athletes to deliver speeches about Special Olympics Iowa and how it has changed their lives. The **Athlete Leadership Workshop** develops skills for athletes to serve in leadership roles.

A program unique to the state of Iowa, **Challenge Days** offer more than 350 youth and adult athletes with severe and profound intellectual and physical disabilities the opportunity to compete in team and individual events.

Healthy Athletes is a screening program offered during Summer Games and the Mid-Winter Tournament to improve greater overall health and fitness of the athletes.

Dedicated to promoting social inclusion through shared sports training and competition, **Unified Sports** joins people with and without disabilities on the same team.

The **Young Athletes** program focuses on fun, the development of motor skills and hand-eye coordination for children ages two to seven and serves as an introduction to the world of Special Olympics.

Testimonials

"My family has always inspired me to do my best and they helped me get involved in Special Olympics. They never gave up on me and pushed me to do my best. Along with them and my Special Olympics family, I've become a true athlete! I am a winner!"

~ 27-year-old Patrick Gulbranson, athlete

"Going to Special Olympics at William Penn has been an annual event for my class for six years. We look forward to this opportunity every year. Special Olympics is a very meaningful time for my students, because it is created just for them. Most things in their world need to be adapted for them, but Special Olympics provides them with a place to be themselves and shine."

~ Betsy Anderson, teacher and Young Athletes Play Day attendee

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**Special
Olympics**
Iowa

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2014 Reach Report

Special Olympics
Iowa



Healthy Athletes Disciplines

- Fit Feet
- FUN Fitness
- Health Promotion
- Healthy Hearing
- MedFest
- Opening Eyes
- Special Smiles

Unified Sports College Locations

- Buena Vista University
- Drake University
- Grinnell College
- University of Iowa
- Upper Iowa University
- Wartburg College

UNIFIED SPORTS



983 Unified Sports Athletes
961 Unified Sports Partners
17 Unified Sports Events

15,000 +
Volunteers

1,643 Coaches
300 + Law Enforcement
15 Area Director Volunteers



977
Young Athletes Play Days Participants



361
CHALLENGE DAY ATHLETES

78¢
of every dollar directly supports athletes

2014 Reach Report

Revealing the Champion Inside All of Us!

37 Coach Training Courses
68 Area Competitions
8 Statewide Championships

17 State Office Employees

2014
TRAINING & COMPETITION offered 12 months of the year

1,156 HEALTHY ATHLETES
 1,156 Health Screenings
 202 Volunteers
 70 Doctors & Medical Professionals

12,613
Athletes & Unified Sports Partners

99 COUNTIES REPRESENTED

ATHLETE GENDER

39% **61%**

52 GLOBAL MESSENGERS

ATHLETE AGES RANGE FROM 2-87

57% 21 and Older
43% 20 and Under



23 Olympic-type Sports

- Alpine Skiing
- Aquatics
- Athletics (Track & Field)
- Basketball
- Bocce
- Bowling
- Cheerleading
- Cycling
- Developmental Events
- Equestrian
- Figure Skating
- Flag Football
- Golf
- Gymnastics
- Nordic Skiing
- Powerlifting
- Roller Skating
- Snowshoeing
- Soccer
- Softball
- Speed Skating
- Tennis
- Volleyball