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.

<u>Testimonials</u>

"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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University of Iowa
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Wartburg College



983
Unified
Sports
Athletes

961
Unified
Sports
Partners

1 17
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15,000 + Volunteers

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





78¢
of every dollar directly supports athletes

2014 Reach Report

Revealing the Champion Inside All of Us!







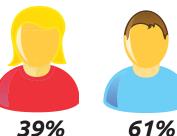
17 State Office Employees 2014
TRAINING & COMPETITION
offered 12 months
of the year



12,613
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ATHLETE GENDER





ATHLETE AGES RANGE FROM 2-87



20 and Under 43%

999

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