



MARCH 22 - MAY 15

TEAM FIT SPRING TRAINING

We are looking for individuals interested in being paired with a Special Olympics Iowa athlete for eight weeks of weekly virtual communication.

Register by going to bit.ly/TFSpringTrainREg



Athletes and partners will be paired for the entirety of the eight-week training program. Each week the pair will meet for a half an hour to talk about progress, challenges, successes, and the weekly health prompt!