



## Taking the First Steps

- Talk to current coaches and heads of delegations about adult programs.
- Contact the SOIA state office for information about delegations in your area.
- Research Unified programs at Colleges/Universities.

## Questions?



Contact the SOIA State Office  
551 SE Dovetail Rd  
Grimes, IA 50111  
**Phone:** 515-986-5520  
**Email:** [info@soiowa.org](mailto:info@soiowa.org)  
**[www.soiowa.org](http://www.soiowa.org)**

**Special  
Olympics**  
iowa



**TRANSITION  
PLANNING**



# What is Special Olympics Iowa (SOIA)?

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



SOIA athletes are **ALL AGES**; adult athletes make up a large percentage of the total number of athletes.



SOIA athletes can participate in **23 SPORTS**, such as basketball, bocce, golf, and soccer.



In addition to sports, SOIA offers athletes a variety of inclusive programs on **HEALTH, EDUCATION, and LEADERSHIP.**

Contact us to see how you can continue involvement with Special Olympics Iowa after graduation.

[www.soioowa.org](http://www.soioowa.org)

## About Transition

Graduation from high school signifies the end of one phase of a youth's life and the beginning of a new one. All too often, the end of public education also signifies the end of Special Olympics participation because the athlete lacks information about available Special Olympics opportunities for adults.

### Sports Offered at SOIA

- Alpine Skiing
- Basketball\*
- Bocce\*
- Bowling\*
- Cheerleading\*
- Cross Country Skiing
- Cycling\*
- Equestrian
- Figure Skating
- Flag Football\*
- Golf\*
- Gymnastics
- Pickleball\*
- Powerlifting\*
- Snowshoeing\*
- Soccer\*
- Softball\*
- Speed Skating
- Swimming\*
- Tennis\*
- Track & Field\*
- Volleyball\*

\*Unified option available

For more information on transition planning, visit: [www.soioowa.org/transition-planning](http://www.soioowa.org/transition-planning)



## SO College

Special Olympics College programming falls under the Unified Champion Schools® (UCS) umbrella. Programming opportunities at the college/university level might look like:

- Unified Sports Days
- Unified Intramurals
- SO College Clubs
- Host an area competition

For a current list of colleges and universities with Unified programs, visit: [www.soioowa.org/so-college](http://www.soioowa.org/so-college)

### Why should an athlete continue involvement in Special Olympics Iowa as an adult?

Participation in Special Olympics promotes:

- *Further education*
- *Physical Fitness*
- *Independent Living*
- *Travel Skills*
- *Responsibility*
- *Friendships*
- *Employment*
- *Socialization*
- *Well-being*

