

Each year, more than
4,500 volunteers
help make
150+ competitions
possible for over
**10,700 athletes &
Unified partners**



Get Involved

- Attend events and cheer on the athletes
- Coach
- Volunteer
- Participate in fundraising events
- Donate
- Become a Unified partner

Make a Gift, Change a Life

Every day we empower athletes to shatter stereotypes and exceed their personal bests on the playing field and in life. But for every Special Olympics champion, there is another who is waiting for a chance to win.

Donate today by going to **soiowa.org/donate** and help us get one more athlete onto the playing field.



Contact Us

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*"Let me win. But if I cannot win,
let me be brave in the attempt."*

Special Olympics Athlete Oath



**Special
Olympics**
Iowa





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 health, school, and leadership programming, 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.

6 Statewide Competitions

Ages 8 and up

Winter Games - Dubuque (January)

- Alpine Skiing
- Cross Country Skiing
- Figure Skating
- Snowshoeing
- Speed Skating
- Cornhole

Spring Classic - Iowa City (March)

- Basketball
- Cheerleading and Dance
- Gymnastics
- Powerlifting

Summer Games - Ames (May)

- Bocce
- Cycling
- Developmental Events
- Soccer
- Swimming
- Tennis
- Track & Field

Softball - Grimes (August)

Fall Classic - West Des Moines (September)

- Equestrian
- Flag Football
- Golf
- Pickleball
- Volleyball

Bowling - Des Moines, Cedar Rapids, Omaha, and Waterloo (November)

Special Programs

Athlete Leadership Program - Through organized training and practical experience, athletes are prepared for meaningful positions of influence and leadership throughout the Special Olympics organization and in their communities.

MATP (Motor Activity Training Program) -

These competitions allow athletes with severe and profound intellectual disabilities to participate in team or individual sports.

Healthy Athletes - A screening program designed to improve overall health and fitness for Special Olympics athletes.

Unified Champion Schools - A K-12 initiative that uses sports and programs to activate young people to develop school communities where all youth are agents of change.

Unified Sports - Competitions that join people with and without intellectual disabilities on the same team.

Young Athletes Play Days - Provides play activities and socialization opportunities for children with intellectual disabilities between the ages of two and seven.

