



# Ashley Valentin

## Athletics



Ashley Valentin first joined Special Olympics four years ago and feels it has changed her life. She's made friends all across Pennsylvania and is thankful to have coaches who care about her and help her when she needs it. In addition to Athletics, Ashley competes in floor hockey and 7-on-7 soccer.

In her free time, Ashley cares for her beagle, Buddy. She loves to take him on long walks around her community. Ashley also enjoys meeting new people and talking on the phone with her friends.

### IN HER WORDS

“ Attending the 2018 USA Games means that I get to compete at the national level against other athletes from across the country. ”

**Hometown:** East Stroudsburg, Pa.

**Age:** 26

**Other Sports:** Floor hockey and soccer

**Local Program:** Monroe County

**Role:** Athlete

