



Special Olympics 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 a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

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2570 Blvd of the Generals, Suite 124, Norristown, PA 19403 Tel 610-630-9450 Toll Free 800-235-9058 | Fax 610-630-9456

## Allow us to better explain some of the terms included in our 2018 Annual Report:

• Young Athletes: Is a unique sport and play program for children ages 2 to 7 with intellectual disabilities. The focus is on fun activities that are important to mental and physical growth.

- Healthy Athletes: Is dedicated to providing health services and education to Special Olympics athletes, and changing the way health systems interact with people with intellectual disabilities.
- Screenings: Volunteer health care professionals provide free health screenings and education to our athletes in the form of eye, ear, dental and podiatry care, as well as physical therapy and health promotion.
- Unified Sports: Special Olympics Unified Sports creates an opportunity for people without intellectual disabilities to join in the sports experience by playing on a team with athletes with intellectual disabilities.
- Interscholastic Unified Sports: School-based Unified Sports program where students with and without intellectual disabilities are combined for school activities, youth leadership programs, and athletic competitions.
- Athlete Leadership University: Offers training to Athlete Leaders three times a year to further their knowledge base and provide certification in Communications, Sports, Health and Governance.
- Athlete Representatives: Are responsible to represent all registered athletes in their local program as a member of the Management Team.
- **Global Messengers:** Are Special Olympics athletes who help spread the message and vision of the movement as well as the benefits they have gained by participating in Special Olympics.
- **Sports Directors:** Sport Directors are experts who serve as an extension of the state sports staff, serving as the technical liaison on sport rules, training techniques and competition management.
- Law Enforcement Torch Run (LETR): The Law Enforcement Torch Run unites officers from law enforcement agencies and corrections departments across the state in a year-round effort to raise funds and awareness for Special Olympics.
- Healthy Lifestyles: Health and Fitness Coordinators trained to incorporate better health and fitness habits into their local program.
- Athletes as Coaches: Athletes who transition from a competitor to a coach.
- Unified Youth Committees: The Unified Youth Committee (UYC) is an organized group of a proportional number of students with and without intellectual disabilities who are devoted to promoting inclusion and improving their school climate.

## SPECIAL OLYMPICS PENNSYLVANIA 2018 ANNUAL REPORT

