




**LET ME WIN.  
BUT IF I CANNOT WIN,  
LET ME BE BRAVE  
IN THE ATTEMPT.**

SPECIAL OLYMPICS ATHLETE OATH 



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Special Olympics Pennsylvania is leading the revolution to engage, empower, and transform our communities to ensure full inclusion for people with intellectual disabilities. Through our pursuit, we will make the world kinder, gentler, and more just for all people.

**JOIN OUR TEAM.**

**CHANGE THE GAME.**

**UNIFY THE WORLD.**





# SPORTS

Special Olympics uses the universal appeal of sport to bring people together and create more inclusive communities. It is through sports that people with intellectual disabilities (ID) are provided opportunities to be connected, develop and demonstrate their unique skills and talents, get and stay physically active and fit, and have fun! These important experiences help Special Olympics athletes participate as productive and respected members of society, and raise the public's understanding and appreciation of their capabilities.

## CHALLENGE

Approximately 16,000 athletes currently participate in Special Olympics programs across Pennsylvania, but we are only reaching 1 out of every 20 individuals who should be part of our sporting community. Additionally, our current athletes need more year-round opportunities to train and compete so they can realize the full benefits that sports provide.

## OPPORTUNITY

Special Olympics PA is currently creating nine regional teams of staff and volunteers dedicated to improving our ability to serve more athletes and deliver high quality sports, health and leadership programs across the state.

## GOALS

- Grow our active athlete base to 21,000.
- Serve over 600 Young Athletes ages 2-7.
- Recruit 400 new coaches, and increase training.
- Bring Unified Champion Schools (UCS) programming to nearly 600 elementary, middle and high schools in PA, including public school districts in Philadelphia, Pittsburgh and York.
- Offer intramural Unified Sports at more than 30 Pennsylvania colleges and universities.
- Offer community-based Unified Sports opportunities across the state of Pennsylvania.

# HEALTH

People with intellectual disabilities (ID) face significant health disparities due to inadequate access to healthcare services and fitness & wellness opportunities. This leads to a reduction in overall quality of life, as well as a significantly shortened life span.

## CHALLENGE

People with ID are:

- 2-4x less likely to be physically active
- 2x more likely to be obese, have cardiovascular disease and asthma
- 5x more likely to have diabetes

As a result, their life expectancy is 20 years shorter than for the general population.

## OPPORTUNITY

Special Olympics PA saves lives by uncovering undetected health issues and providing access to health care. We deliver fitness/wellness programs that help our athletes live healthier, happier, and ultimately longer lives.

## GOALS

- Deliver Athlete Performance Training, a comprehensive, year-round sports, fitness, and wellness initiative.
- Offer 3,300 health screenings at competition events between 2021 and 2024.
- Engage health care systems and retailers to provide ongoing primary care screenings for athletes.
- Partner with over 1,000 health care providers trained in working with individuals with ID.

VISIT [WWW.INCLUSIONREVOLUTIONPA.ORG](http://WWW.INCLUSIONREVOLUTIONPA.ORG)  
TO DONATE AND LEARN MORE.

# LEADERSHIP

Special Olympics empowers individuals with intellectual disabilities (ID) to utilize their abilities, find their voices, and develop leadership skills to assume meaningful roles within the Special Olympics movement and in their communities, raising public awareness and opening doors to workplace inclusion.

## CHALLENGE

- Individuals with ID face higher rates of social isolation and stigmatization, leading to marginalization in their communities.
- The unemployment rate for people with ID is more than 2x as high as that of the general population.
- People with disabilities are twice as likely to live in poverty, and earn a median income one-third less than those who do not have a disability.

## OPPORTUNITY

Special Olympics PA provides opportunities for people with ID to exercise leadership both within and outside the organization and promote inclusion. Formal training and hands-on leadership roles help athletes develop essential skills to effectively advocate for their rights, maximize their contributions to society, and gain meaningful employment.

## GOALS

- Activate Global Messengers to raise awareness about the organization and create inclusive communities.
- 170 athletes will graduate from Athlete Leadership University between 2021 and 2024.
- Athletes serving as health & fitness coordinators and sports team captains will engage fellow athletes in improved fitness, sport performance, and health practices.
- The Center for Unified Leadership will sponsor and conduct research to evaluate and demonstrate the effectiveness of our leadership development programs.

*“People with intellectual disabilities remain the most marginalized and discriminated against population in the world.” – Timothy Shriver, Chairman, Special Olympics*