



Special Olympics Southern California

Special Olympics Southern California enriches the lives of people with intellectual disabilities through sports, health, and leadership programs. Founded in 1969 by Olympic decathlon gold medalist Rafer Johnson.

Through the power of sports, athletes become more independent, build self-esteem, and live healthier lives. They inspire people to open their hearts and create more accepting and inclusive communities.

All Special Olympics programs are free to the athletes and their families.

Programs

- **Community Program** - Year-round training and competitions in 12 sports for athletes ages 8 and up.
- **Schools Programs** - Encourages inclusion, participation, and leadership in students through training and competitions.
- **Healthy Athletes** - Provides free health screenings in a fun, welcoming environment.
- **Unified Sports** - Promotes inclusion between individuals with & without intellectual disabilities.
- **Athlete Leadership Programs** - Athletes help guide the movement and become spokespeople for people with intellectual disabilities.
- **Young Athletes** - Helping children ages 2-7 develop motor, social and cognitive skills.

Learn more: www.sosc.org



26,015
Athletes



15,000
Coaches &
Volunteers



12 Sports

Spring / Summer



AQUATICS



ATHLETICS



BASKETBALL



BOCCE



GOLF



GYMNASTICS

Fall / Winter



BOWLING



FLOOR HOCKEY



SOCCER



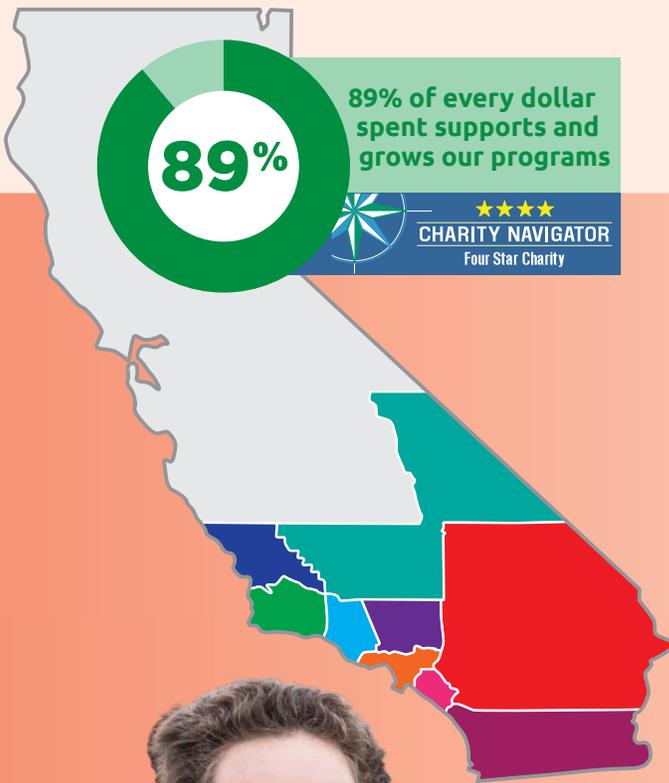
SOFTBALL



TENNIS



VOLLEYBALL



Special Olympics Southern California offers programming from San Luis Obispo County to San Diego County

Inland Empire
www.sosc.org/inlandempire

San Diego County
www.sosc.org/sandiego

Kern County
www.sosc.org/kerncounty

San Luis Obispo County
www.sosc.org/sloc

Los Angeles & San Gabriel Valley
www.sosc.org/lasgv

Santa Barbara County
www.sosc.org/santabarbara

Orange County
www.sosc.org/orangecounty

Santa Clarita & Tri-Valley
www.sosc.org/scvtv

Ventura County
www.sosc.org/ventura



Get Involved

- Become an athlete
- Volunteer
- Donate
- Sign up as a sponsor

Learn more at www.sosc.org

Thank You Partners



The Hoag Foundation
Educate, Empower, and Create Opportunity



TOYOTA

MARKET AWARENESS

425,000

ANNUAL WEBSITE TRAFFIC



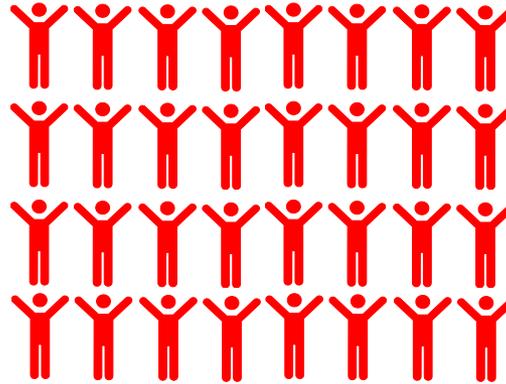
35,923

SOCIAL MEDIA FOLLOWERS



FACEBOOK TWITTER INSTAGRAM

22,667 8,184 5,072

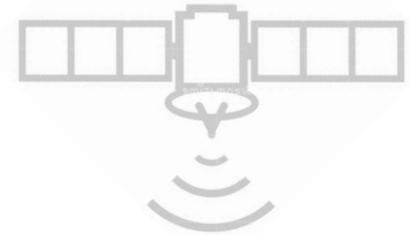


150,000+

RECEIVE OUR EMAILS

250,000+

RECEIVE MESSAGING
ABOUT SOSOC



200,790,823

MEDIA IMPRESSIONS
IN 2015

158,969,659

MEDIA IMPRESSIONS IN 2014



95% of consumers in the United States have a positive awareness of Special Olympics.

RESPECT | LOYALTY | GOOD

SCHOOLS PROGRAM

SPORTS TRAINING & COMPETITION • YOUTH LEADERSHIP • WHOLE SCHOOL ENGAGEMENT



The Special Olympics Southern California Schools Program offers schools, districts, and colleges a combination of activities that equip young people with tools and training to create sport, classroom, and community experiences.

These activities reduce bullying, develop leadership skills, promote healthy living, combat stereotypes and stigma, eliminate hurtful language, and create more inclusive and accepting schools.

SCHOOL BENEFITS

- **FREE** No cost to students
- **OUT OF THE BOX** All tools and equipment are provided
- **HELPS MEET CDE CONTENT STANDARDS**

509 PARTICIPATING SCHOOLS

 = 10



45
DISTRICTS





SCHOOLS PROGRAM



Sports Training & Competition

Activities that introduce sports to students and provide them the opportunity to acquire skills through participation in Unified Sports® or traditional sport-specific training programs, sports days, recreational play, competitions, etc. Unified Sports® is inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.



Inclusive Youth Leadership

Students with and without intellectual disabilities work together to lead and plan advocacy, awareness, and other inclusive activities. Examples include Special Olympics unified clubs, inclusive student councils, or similar types of inclusive student groups.



Whole School Engagement

Awareness and education activities that promote inclusion and reach the majority of the school population. Examples include r-word or respect campaigns, pep rallies, fans in the stands initiatives and student fundraising.

GET INVOLVED

visit: www.sosc.org/schools

Contact

Melissa Erdmann
562.502.1122
merdmann@sosc.org



School-Based Unified Sports®

Special Olympics Unified Sports joins students with and without intellectual disabilities as teammates in the same sport. It is inspired by a simple principle: training, playing, and competing together is a quick path to understanding, acceptance and friendship. Half a million people worldwide take part in Unified Sports, and break down stereotypes about people with intellectual disabilities.

Popular unified team sports

- Basketball
- Bowling
- Flag Football
- Soccer
- Track & Field
- Volleyball



Benefits of Unified Sports

- Encourages youth participation, inclusion and leadership in the schools and community.
- Offers a positive foundation for activity between special education and general education students.
- Leads to new friendships; improved self-esteem; and positive changes in attitude, behavior and performance for all students involved.
- Creates a lasting impact on all those participating and is a great addition to any educational environment.

Special Olympics Southern California
Unified Sports is currently recruiting schools!

To get involved, or for more information, visit:
www.sosc.org/unifiedsports or contact:

Frequently Asked Questions

What can a Unified Sports program look like at my school?

Unified Sports® can take on many forms. A school club may organize a sports-centered activity, even hosting a “lunchtime league” in a particular team sport. In some districts, schools form teams by combining their special education classes with general education PE classes. Schools may also form interscholastic unified teams that are officially recognized as part of their athletic program. No matter how it takes form, the team trains and competes together.

Who should be recruited for the team?

All students. The best places to start are General Physical Education, Special Education or Adapted Physical Education students. Students who participate in clubs like Leadership or other inclusion-based clubs are another great starting point.

What does Special Olympics Southern California (SOSC) provide?

SOSC will work collaboratively with the school and/or district to provide consultation, education, support and assistance. This may include financial resources, Unified Sports training for coaches, and instruction and assistance to school administration.

What is needed to implement Unified Sports?

A core committee is the foundation for any successful Unified Sports program within a school and/or district. An Athletic Director may act as the liaison between SOSC and the school district or individual schools, while staff members that are passionate about sports and inclusion serve as coaches for each participating team. Resources needed may include training with SOSC staff to properly execute Unified Sports, a group of students with and without disabilities to field two or more teams, sports equipment, uniforms, a location to host the culminating competition, support of high school students or parent-group volunteers to organize and conduct the competition.

What does a Unified Sports League and Season look like?

Depending on the individual district’s needs, seasons may align with quarters, semesters, or another time frame. However, training should occur a minimum of 1x per week for 8-10 weeks or 2x per week for 4-5 weeks. Trainings should lead to scrimmages against other teams. There may be additional opportunities to collaborate with schools from another district. Training and competition may occur before or after school hours; during PE class; or as part of academic curriculum, like a leadership class project.





HEALTHY ATHLETES

Special Olympics is the world's largest public health organization for people with intellectual disabilities, providing access to free health services for a population with significant, unmet health needs. Often, those with intellectual disabilities and their families don't understand what is needed to optimize their health. Healthy Athletes provides accessible information, resources, systems and policies at the individual, community, national and global levels that support them in realizing sustainable healthy and productive lives.



Healthy Hearing

Designed to ensure proper audiological care, the screening is led by volunteer professionals and provides tests for ear wax and inner ear health.

Fit Feet

Provides free podiatric screenings for participating athletes, evaluating their ankles, feet, lower extremity biomechanics, and proper shoe and sock wear.

FUNfitness

A physical therapy screening program designed to assess and improve physical strength, flexibility and balance, as well as educate athletes and parents on the importance of staying physically fit and flexible.

Health Promotion

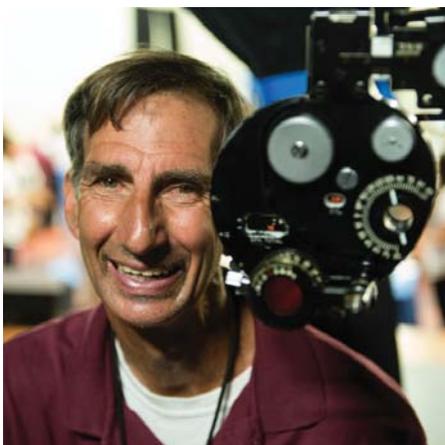
Offers health information and advice in the areas of nutrition, sun safety, bone density, tobacco cessation and physical fitness.

Opening Eyes

A vision and eye health screening led by volunteer vision care professionals that offers prescription eyewear, sunglasses and sports goggles to the athletes.

Special Smiles

Offers a free dental screening, oral health information and instructions on proper brushing and flossing techniques.





Young Athletes

Young Athletes is an inclusive sports play program for children with and without intellectual disabilities focusing on active games, songs, and other activities that help develop motor, social, and cognitive skills. The program serves 76,000 participants, ages 2 - 7 years old, around the world.

Building a community of acceptance improves the life experiences for all participants as they find a common ground in the joy of sports. Special Olympics athletes and their Unified Partners learn new abilities and prepare for the next step in their sports participation.

Two Young Athletes models are offered: Community and School



Benefits of Young Athletes

- Participants develop motor, social, and cognitive skills through foundational sports play
- Family members are welcomed to the Special Olympics community and network of support
- Community awareness is raised through inclusive peer participation, demonstrations, and other events

For more information, visit:
www.sosc.org/youngathletes
or contact Maurisabel Quevedo at 562.502.1158

Frequently Asked Questions

How does the Young Athletes program work in a school setting?

The Young Athletes program can be implemented seasonally through school day activities, physical education classes, or after school programming. It utilizes the curriculum and cross-curricular standards available for the application of Young Athletes in the classroom.

How does the Young Athletes program work in a community setting?

The Young Athletes program can take place seasonally on weekday evenings or weekends in community centers, hospitals, universities, or other organizations. Coaches utilize the flexible and easy-to-follow online curriculum, activity guide, and videos provided.

What is needed to implement Young Athletes?

A trained coach, registration forms, curriculum, and a kit including sports equipment and activity guide is needed to implement Young Athletes.

What does Special Olympics Southern California (SOSC) provide?

SOSC provides the entire Young Athletes program. This includes curriculum, forms, coaches training, equipment kit, T-shirts, and ribbons. SOSC also provides opportunities to participate in demonstrations and festivals at competitions and events.

What does my school/agency need to provide?

You will need a place to implement the program (gym, large classroom, outdoor field, etc.). You will need a staff member/volunteer that is passionate about sports and inclusion to serve as a coach and to provide assistance in the strategic recruitment of Young Athletes.

What activities are included in the curriculum?

Young Athletes lessons include foundational skills, walking & running, jumping & balancing, trapping & catching, throwing, striking, kicking, and a review of skills as sports.

What happens at the end of the season?

A culminating event takes place to conclude the Young Athletes season. Family, friends, and supporters are welcome to celebrate the achievements of the participants as they receive completion awards.



Special Olympics
Young Athletes

The Hoag Foundation

Educate, Empower, and Create Opportunity





Spread the Word to End the Word

MARCH 1, 2017

Spread the Word to End the Word™ is an ongoing effort by Special Olympics, Best Buddies and our supporters to raise the consciousness of society about the dehumanizing and hurtful effects of the word “retard” and encourage people to pledge to stop using it.

The campaign, created by students with and without intellectual and developmental disabilities (IDD) in 2009, is intended to engage schools, organizations and communities to rally and pledge their support at www.r-word.org and to promote the inclusion and acceptance of people with intellectual and developmental disabilities.



ANNUAL DAY OF AWARENESS

The annual day of awareness is officially held the first Wednesday of every March. While most activities are centered on or near that annual day in March, people everywhere can help spread the word throughout their communities and schools year-round thru pledge drives, youth rallies and online activation. Find an R-word event near you at www.r-word.org.

WHY YOU SHOULD HELP

It is time to address the minority slur “retard(ed)” and raise the consciousness of society to its hurtful effects. Respectful and inclusive language is essential to the movement for the dignity and humanity of people with intellectual disabilities. However, much of society does not recognize the hurtful, dehumanizing and exclusive effects of the word “retard(ed).”

The Spread the Word to End the Word campaign continues to make great strides in the fight to eliminate the use of the R-word. The campaign continues because passionate supporters have created communities of respect and lasting impact.

To learn how you can Spread the Word to End the Word, visit www.r-word.org. For more information, contact Melissa Erdmann at merdmann@sosc.org or 562.502.1122.

ABOUT SPECIAL OLYMPICS SOUTHERN CALIFORNIA

Founded in 1969 by Olympic decathlon gold medalist Rafer Johnson, Special Olympics Southern California offers opportunities for individuals with intellectual disabilities to participate in year-round sports training and competition. More than 26,015 athletes and growing and 15,000 coaches and volunteers take part in 12 Olympic-style sports. For more information, visit www.sosc.org.