



Special Olympics *Delaware*

WHAT IS SPECIAL OLYMPICS?

Special Olympics Delaware utilizes sports as a platform to create life-changing experiences for those involved or touched by our program. These achievements include: building athlete capacity to reach their full potential; impacting the delivery of health care to our athletes; and, changing perceptions of the capabilities of persons with intellectual disabilities.

SPORTS

Alpine Skiing	Figure Skating	Snowshoeing
Aquatics	Flag Football	Soccer
Basketball	Golf	Softball
Bocce	Nordic Skiing	Tennis
Bowling	Powerlifting	Track & Field
Cycling	Long Distance Running	Volleyball
Equestrian	Roller Skating	

PROGRAMS

SODE is made up of over 3,500 athletes participating in over 100 statewide programs. Community-based programs are overseen by a volunteer program director and coaching staff, while school programs are typically overseen by faculty members. The ages of the athletes involved and sports offered vary depending on the program.

TRAINING AND COMPETITIONS

Athletes practice for at least eight weeks under the guidance of trained coaches in preparation for their final competition. Whenever feasible, league play, scrimmages, time trials and clinics are offered to enhance the training process.

Competitions of all sizes are held across the state throughout the year, highlighted by SODE's signature events: Summer Games, Fall Festival, Team Basketball Tournament, Basketball and Soccer Skills, and Bowling Tournaments. Athletes and teams are divisioned based on ability (and age and gender whenever possible) for all competitions.

Along with state-level competitions, SODE athletes also compete at National and World Games, and often participate in regional or other states' events.

The Young Athletes program is offered for children ages 2-7, the Motor Activity Training Program for athletes of all ages with profound disabilities, and the Masters Program — badminton, croquet and horseshoes — for older adults.

VOLUNTEERS

Over 4,000 volunteers enable SODE to offer its year-round sports training and competition program. Volunteer opportunities include coaching, event management, participating in fundraising, volunteering on the day of an event, and even being part of a team as a Unified Partner.

MORE THAN SPORTS

SODE has several special programs and events for athletes and volunteers of all ages and abilities. Some are opportunities to further enhance an athlete's sports experience, while others are meant to provide athletes and volunteers with opportunities to enrich or improve their lives through non-sports activities. Examples include athlete leadership programs, Project Unify, Families Day at the Beach, and Summer Camp at Camp Barnes.

FINANCIAL SUPPORT

Special Olympics does not charge its athletes a fee to participate and also provides uniforms and equipment at no cost. Therefore, it can be a constant challenge to stretch resources in order to provide everyone with a chance to benefit from Special Olympics. Financial support comes from funds raised from individuals, organizations, corporations, foundations and special events. The Lewes Polar Bear Plunge, Plane Pull and Over the Edge are fundraising events unique to SODE.