

## SPECIAL OLYMPICS DELAWARE OFFERS 20 SPORTS YEAR-ROUND

### SPRING

Training: March-May

Competition: April-June

Roller Skating  
Aquatics\*  
Bocce  
Powerlifting  
Softball\*  
Tennis\*  
Track & Field\*

### FALL

Training: July-September

Competition: September-October

Bocce  
Cycling\*  
Golf\*  
Flag Football\*  
Long-Distance Running/Walking\*  
Soccer\*  
Volleyball

### WINTER

Training: October-March

Competition: December-March

Alpine Skiing  
Nordic Skiing  
Snowshoeing  
Figure Skating  
Basketball\*  
Bowling\*

\*Also offered as Unified Sports

## SPORTS PROGRAMS OFFERED

- Team and Individual Sports
- Individual Skills events
- Unified Sports®
- Motor Activities Training Program (MATP)
- Young Athletes

## COMPETITIONS ALL YEAR

- Summer Games
- Fall Sports Festival
- State Tournaments: Basketball, Bowling, Golf, Cycling, Roller Skating, etc.
- Winter Games
- Also: Exhibitions, sports clinics, fitness and strength training, recreational sports

## ADDITIONAL OPPORTUNITIES

- Special Olympics Athlete Leadership
- Special Olympics Summer Camp
- Healthy Athletes®



**Special  
Olympics**  
Delaware

*Changing attitudes. Changing lives.*



# SPECIAL OLYMPICS DELAWARE

## TRANSITION INFORMATION



“  
*No matter the age  
or skill level,  
Special Olympics  
focuses on  
quality sports training,  
sportsmanship, health  
and wellness, and  
personal achievement.*  
”



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Visit our website at [www.sode.org](http://www.sode.org)



**Special Olympics**  
Delaware

[WWW.SODE.ORG](http://WWW.SODE.ORG)

Explore opportunities to participate  
in community-based sports with  
Special Olympics Delaware Area programs  
for year-round sports and fitness.

## ABOUT SPECIAL OLYMPICS DELAWARE

Special Olympics changes lives through the power of sport by encouraging and empowering people with intellectual disabilities, promoting acceptance for all, and fostering communities of understanding and respect worldwide.

Special Olympics Delaware serves more than 4,000 athletes throughout the state and provides year-round sports training and athletic competition in 20 different sports for children and adults with intellectual disabilities. **In addition to Special Olympics school-based programs, we also offer community-based sports opportunities in five (5) Area programs statewide.**



### JOIN AN AREA PROGRAM WITH UP TO 20 SPORTS TO CHOOSE FROM

Special Olympics Delaware (SODE) has opportunities for athletes of ALL ability levels to participate year-round or seasonally, providing sports training and competitions throughout the state.

SODE's five Area programs are:

- 1) Wilmington Area
- 2) Newark Area
- 3) MOT (Middletown, Odessa, Townsend, Smyrna)
- 4) Kent County Area
- 5) Sussex County Area

**DID YOU KNOW? Special Olympics athletes can participate in BOTH school-based and community-based Area programs. There is no fee to join and participate.**

### YEAR-ROUND OPPORTUNITIES FOR ALL GRADE LEVELS AND ABILITIES

#### **Ages 2-7: Young Athletes**

**Special Olympics Young Athletes** is an innovative sports play program for children ages 2 - 7 and is designed to introduce young children with intellectual disabilities, their peers and their families to the world of Special Olympics. Young Athletes are available in all 5 Area programs.

#### **Ages 8-21 and older: Traditional sports** **Individuals with intellectual disabilities ages 8 and older are eligible to train and compete in traditional Special Olympics sports programs.**

No matter the ability or skill level, Special Olympics Delaware has something for every person with intellectual or developmental disabilities.

(\*\*A complete list of the available sports offered by SODE is listed on the back.)

**For more information about enrolling in Young Athletes or in any sports offered year-round through our community-based Area programs, please contact [info@sode.org](mailto:info@sode.org) or call 302.831.4653.**

### TRANSITION: STAYING INVOLVED AFTER HIGH SCHOOL

#### **Making the transition as an adult**

Any Special Olympics Delaware athlete who is approaching high school graduation is encouraged to participate in a community-based Area program for continued sports experiences. There is no upper age limit and the cost is free.

All too often, students and families are unaware of available Special Olympics opportunities for adults. Through the school's transition planning process, a goal can be set for the Special Olympics athlete to continue their path with Special Olympics by joining an Area program within their community.

#### **Why should athletes stay involved with SODE after high school?**

- Improves fitness and avoids a sedentary lifestyle
- Nourishes friendships and family relationships
- Raises self-confidence
- Strengthens teamwork
- Provides skills for independent living
- Improves social interactions and quality of life