

Additional Resources

Next Steps with Special Olympics

Play Unified. Live Unified.

Children will progress at different rates in Young Athletes. Some children will continue to be challenged and others will be ready to move on to more advanced skills. Work with children individually to know the right next step. The next step could be participating in another Young Athletes session, beginning a training program for a sport, or advancing directly to becoming a competitive Special Olympics athlete or Unified Partner.

Regardless of ability level Special Olympics provides opportunities for children and adults throughout their lives. Through health promotion physical activity and sports, Special Olympics has something for everyone.

Through Olympic-style individual sports, people with intellectual disabilities over the age of eight can participate in meaningful training and competition opportunities.

Become a Unified Teammate

Special Olympics Unified Sports join people with and without intellectual disabilities together on the same team.

Unified Sports was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Learn more about Special Olympics Maryland and the programs offered throughout the state at www.somd.org

