

# Special Olympics Connecticut

## General Orientation

***Special Olympics***  
*Connecticut*





# Welcome to General Orientation

## The goals of this orientation are to provide:

- The basic overview of Special Olympics and Special Olympics Connecticut
- The history and organizational structure of Special Olympics
- The initiatives, sports offerings and opportunities available to join and support the mission of Special Olympics

Special Olympics unleashes the transformative power and joy of sports to reveal the full potential of athletes with intellectual disabilities, creating more inclusive communities, everyday around the world.

*-- Preamble to the Special Olympics General Rules*

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Connecticut



# PART I – THE MISSION, HISTORY, PHILOSOPHY AND ORGANIZATIONAL STRUCTURE OF SPECIAL OLYMPICS

“Let me win;  
but if I cannot win,  
let me be brave in the attempt.”

-The Special Olympics Athlete Oath

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# Mission Statement



To provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, prepare for entry into school and community programs, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.



# Components & Outcomes

Components	Outcomes
<ul style="list-style-type: none"><li>Year-round</li><li>Training and Competition</li><li>Olympic-type Sports</li><li>Individuals with Intellectual Disabilities</li></ul>	<ul style="list-style-type: none"><li>Physical Fitness</li><li>Courage and Joy</li><li>Sharing of Gifts and Skills</li><li>Inclusion</li><li>Friendship<ul style="list-style-type: none"><li>Families</li><li>Athletes</li><li>Community</li></ul></li></ul>

# Founding Principles of Special Olympics



The principles on which Special Olympics was founded, and which must continue to guide the operation and expansion of the global Special Olympics Movement, include the following:

- People with intellectual disabilities can, with proper instruction and encouragement, enjoy, learn and benefit from participation in individual and team sports, adapted as necessary to meet the needs of those with special mental and physical limitations.
- Consistent training under the guidance of qualified coaches, with emphasis on physical conditioning, is essential to the development of sports skills, and competition among those of equal abilities is the most appropriate means of testing these skills, measuring progress and providing incentives for personal growth.
- Through sports training and competition: people with intellectual disabilities benefit physically, mentally, socially and spiritually; families are strengthened; and the community at large, both through participation and observation, is united with people with intellectual disabilities in an environment of equality, respect and acceptance.



## Founding Principles (cont.)

- Every person with an intellectual disability who meets the eligibility requirements set out in the General Rules should have the opportunity to participate in and benefit from the sports training and athletic competition programs offered by Special Olympics.
- Special Olympics must transcend all boundaries of race, gender, religion, national origin, geography, and political philosophy, and offer sports training and competition opportunities to all eligible persons with intellectual disabilities in accordance with uniform worldwide standards.
- Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake. To that end, Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential, regardless of the athlete's level of ability. Special Olympics therefore requires that Special Olympics Games and Tournaments offer sports and events which are appropriate for athletes of all levels of ability, and in the case of team sports, provide every athlete with an opportunity to play in every game.
- Special Olympics encourages sports training and competition opportunities at the local, area and community level (including schools) as a means of reaching the greatest number of eligible athletes.



# Special Olympics is unique from other sports organizations

## Special Olympics

- Sports for all ability levels
- Awards for all participants
- “Divisioning” for equitable competition
- Random drawing to national and international competitions

Special Olympics’ philosophy does not emphasize “winning at all costs,” but emphasizes the importance of participation, inclusion, effort and personal achievement.



# Special Olympics History

## **June 1962**

Eunice Kennedy Shriver begins a summer day camp at her home in Maryland for children with intellectual disabilities to realize their capabilities in sports and physical activities.

## **July 1968**

The first International Special Olympics Summer Games are held at Soldier Field in Chicago, Illinois, USA. 1000 individuals with intellectual disabilities from 26 states and Canada compete in track and field and swimming.

## **December 1971**

The U.S. Olympic Committee gives Special Olympics official approval to use the name 'Olympics' in the United States.

## **June 1981**

The Law Enforcement Torch Run for Special Olympics is launched in Wichita, Kansas, USA, after Police Chief Richard LaMunyon saw an urgent need to raise awareness for Special Olympics. The Torch Run is now Special Olympics' largest grassroots fundraiser, raising nearly \$40 million annually.

## **July 1988**

Special Olympics Unified Sports® is launched at the annual Special Olympics Conference in Reno, Nevada, and Lake Tahoe, California. Athletes with and without intellectual disabilities compete side-by-side in bowling, volleyball and softball.



## History (cont.)

### **July 1997**

Healthy Athletes® becomes an official Special Olympics initiative, providing health care services to Special Olympics athletes worldwide. The program includes free vision, hearing and dental screenings; injury prevention clinics and nutrition education.

### **July 2002**

The Nelson Mandela Children's Fund partners with Special Olympics to host an annual birthday celebration for its founder and chairperson, President of South Africa Nelson Mandela, and helps Special Olympics launch its Unified Sports® program in South Africa.

### **October 2007**

The city of Shanghai, China, hosts the 12th Special Olympics World Summer Games, which are broadcast internationally on an unprecedented scale. These Games, with more than 7,500 athletes from 164 countries participating, are a major milestone in Special Olympics' history.

### **August 2009**

Special Olympics mourns the loss of founder Eunice Kennedy Shriver who died surrounded by her family in Massachusetts. Letters and messages celebrating her contribution to humanity pour in from world leaders and everyday people around the world.



# History (cont.)

## **September 2010**

The first Eunice Kennedy Shriver Day is held in countries around the world to celebrate the vision of the founder of Special Olympics and to accelerate the momentum of the organization.

## **January 2011**

Special Olympics mourns the death of Sargent Shriver, husband of late founder Eunice Kennedy Shriver and Chairman of the Board Emeritus. Shriver served as president of the Movement from 1984 through 1996 and served as Chairman of the Board of Directors from 1990 to 2003.

## **June-July 2011**

The 2011 Special Olympics World Summer Games are held in Athens, Greece. 7,000 athletes from around the world gather to compete in the birthplace of the Olympics—demonstrating to the world just how far Special Olympics has come.

## **May 2012**

Special Olympics' global reach hits a new milestone, with more than 4 million athletes participating in programs around the world.



# History (cont.)

## January 2013

Opening of the first Special Olympics Global Development Summit. The event brings together government officials, human rights activists, as well as leaders from the sports and business worlds to explore ways to "End the Cycle of Poverty and Exclusion for People with Intellectual Disabilities."

## February 2013

Healthy Athletes breaks a new record at the World Winter Games in PyeongChang: more athletes receive free health screenings in a single day during the 2013 games than at any other time in the history of the Healthy Athletes program: 2,569 screenings were provided on 1 February alone.

## May 2014

Special Olympics' global reach expands to 4.4 million athletes around the world. Census numbers also show that as many as 80,000 events and competitions are held annually.

## 2014 World-Wide Report:

4,500,000 Athletes Served

94,000 Overall Competitions/258 Every day

1,400,000 Volunteers

221 Accredited Programs

170 Countries

# RELATIONSHIP WITH THE INTERNATIONAL OLYMPIC COMMITTEE



Through a Protocol of Agreement signed on February 15, 1988, the International Olympic Committee (the "IOC") officially recognized SOI and agreed to cooperate with SOI as a representative of the interests of athletes with intellectual disabilities. The IOC's formal recognition of SOI carries with it a solemn duty and responsibility, which must be discharged by SOI and all of its Accredited Programs, to conduct Special Olympics training and competition in accordance with the highest ideals of the international Olympic movement, to guard and protect the use of the term "Special Olympics," and to protect the word "Olympics" from unauthorized use or exploitation. The IOC's Protocol of Agreement with SOI prohibits SOI, Programs and GOCs from using the 5 ring Olympic logo, the Olympic anthem, or the Olympics motto. Each Accredited Program agrees to fulfill these responsibilities by accepting accreditation from SOI, as provided in its Accreditation License and Article 5 of the General Rules.

# SOI - Special Olympics Inc.

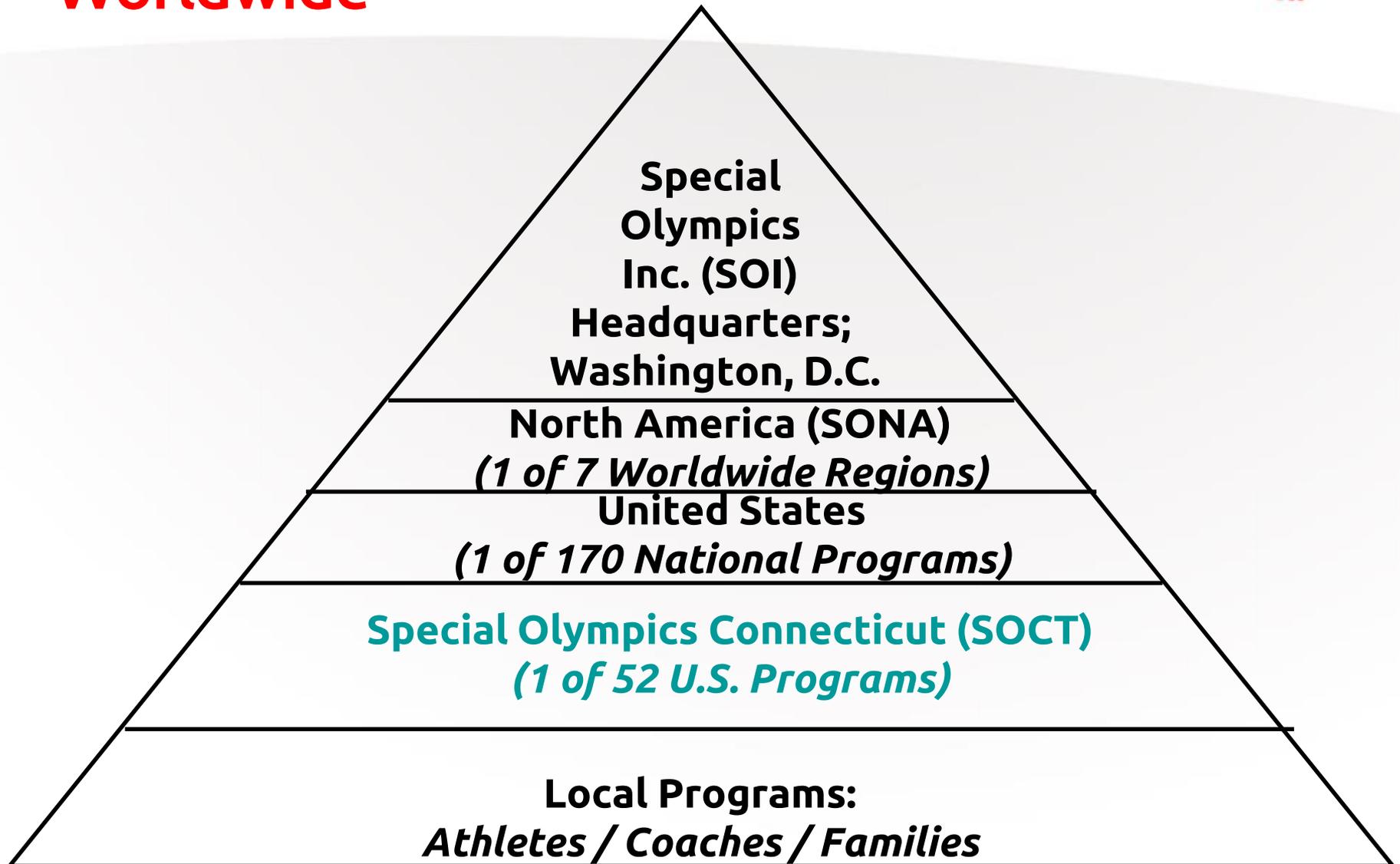


SOI is the international governing body of the Special Olympics Movement, founded by Eunice Kennedy Shriver.

In discharging its responsibilities as the world governing body of Special Olympics, SOI establishes and enforces all official policies and requirements of Special Olympics, oversees the conduct and expansion of Special Olympics accredited programs throughout the world, and provides training, technical assistance and other support to Accredited Programs and GOCs.

SOI is a not-for-profit corporation organized under the laws of the District of Columbia, USA, with its principal office in Washington, D.C., USA.

# Organizational Structure – Worldwide



# Organizational Structure - Statewide



**SOCT  
Board of Directors**

**SOCT Staff  
Headquarters in Hamden, CT**

**2666 State Street, Suite 1  
Hamden, CT 06517**

**72 (+/-) Local Programs:  
*Athletes / Coaches / Families***



# Local Programs

Special Olympics Connecticut accredits qualified local programs throughout the state to operate Special Olympics training and competition programs. Local programs register their athletes with SOCT, provide coaches and training and bring athletes and teams to competitions.

SOCT Local Programs may be run through a community parks and recreation, through an agency, as a public or private school, or may be a group of one or more athletes and coaches that have organized together under the policies and procedures of SOCT to participate in Special Olympics programming. Local Programs work closely with the SOCT staff in their section.



# Facts & Figures

- Sport seasons: 4
- Sports offered: 27
- **Athletes: 6,457**
- **Unified Partners: 7,036**
- **Volunteers: 9,000+**
- **Coaches: 500+**
- **Staff: 32**

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# Part II – Special Olympics

## Athletes, Sports & Programs

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# Eligibility for Participation in Special Olympics

Every person with an intellectual disability who is at least eight years of age is eligible to compete in Special Olympics. There is no maximum age limitation for participation in Special Olympics. The minimum age requirement for participation in Special Olympics competition is eight years of age.

The **Young Athletes** program introduces children, two to seven years old to the world of sports, with the goal of preparing them for Special Olympics sports training and competition. Children who are at least six years old may participate in age-appropriate training programs. No child may participate in a Special Olympics competition (or be awarded medals or ribbons associated with competition) before his or her eighth birthday.

# Identifying Persons with Intellectual disabilities



A person is considered to have an intellectual disability for purposes of determining his or her eligibility to participate in Special Olympics if that person satisfies any one of the following requirements:

- The person has been identified by an agency or professional as having an intellectual disability as determined by their localities;
- or the person has a cognitive delay, as determined by standardized measures such as intelligent quotient or "IQ" testing;
- or the person has a closely related developmental disability. A "closely related developmental disability" means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care).

However, persons whose functional limitations are based solely on a physical, behavioral, or emotional disability, or a specific learning or sensory disability, are not eligible to participate as Special Olympics athletes, but may be eligible to be a Unified Sports® Partner or to volunteer for Special Olympics.

# Athlete-centered Coaching Guide



As athletes we hope that coaches will be dedicated to the team and committed to learning about each athlete's strengths, weaknesses and different personalities. We want coaches to:

- Put athletes in a position to be successful, while at the same time challenging us to improve by showing us what we need to develop.
- Teach us teamwork and unselfish play, but remember "safety first".
- Be open to change, because a drill may work for some of the team, but not for all of the team.
- Know the rules of the sport with regard to both the sport-specific governing body and the Special Olympics standards.
- And, lastly, we want coaches to remember our Special Olympics athlete oath:

**"Let me win. But if I cannot win, let me brave in the attempt."**

# Real Sport Experience

SOCT offers training and competition opportunities in 27 sports. Each sport season requires a minimum of eight weeks of training prior to competing in a state tournament.

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# SOCT Sports and Seasons



## Summer Games

Athletics  
Cycling  
Soccer  
Swimming  
Tennis  
Triathlon

## Unified Sports Fall Festival

Bocce  
Croquet  
Golf  
Long-Distance  
Unified Running  
Sailing  
Softball

## Winter Games

Alpine Skiing  
Cross-Country Skiing  
Curling  
Figure Skating  
Floor Hockey  
Gymnastics  
Snowboarding  
Snowshoeing  
Speed Skating

## Unified Sports Holiday Classic

Basketball  
Bowling  
Cheerleading  
Flag Football  
Powerlifting  
Volleyball

# Sports for all ability levels



## Motor Activities Training Program (MATP)

Designed for individuals with severe disabilities that cannot benefit from standard Special Olympics training and competition programs.

### Range of Events in Track & Field

- Wheelchair Events
- Assisted Walking
- Walking
- Developmental Runs
- Sprints and Runs – 100m thru Marathon
- Throwing events – Tennis ball, softball, shot put, turbo java
- Pentathlon

### Range of Events in Basketball

- Basketball Skills
- Unified Sports® Recreational
- Unified Sports® Player Development
- Unified Sports® Competitive
- Traditional

# Sports Rules



Special Olympics Sports rules are:

- Based on National Governing Body or International Federation official rules.
- The rules contain few modifications for Special Olympics and are approved by the Special Olympics Sports Rules Committee
- The same rules govern all Special Olympics competitions throughout Connecticut, the United States and throughout the world – from local competitions to S.O. World Games

**Coaches, officials and volunteers show respect to and help the athletes to do their best, improve their sport skill and honor their efforts by calling the rules of the sport and violations as written.**

# Divisioning for Athletes



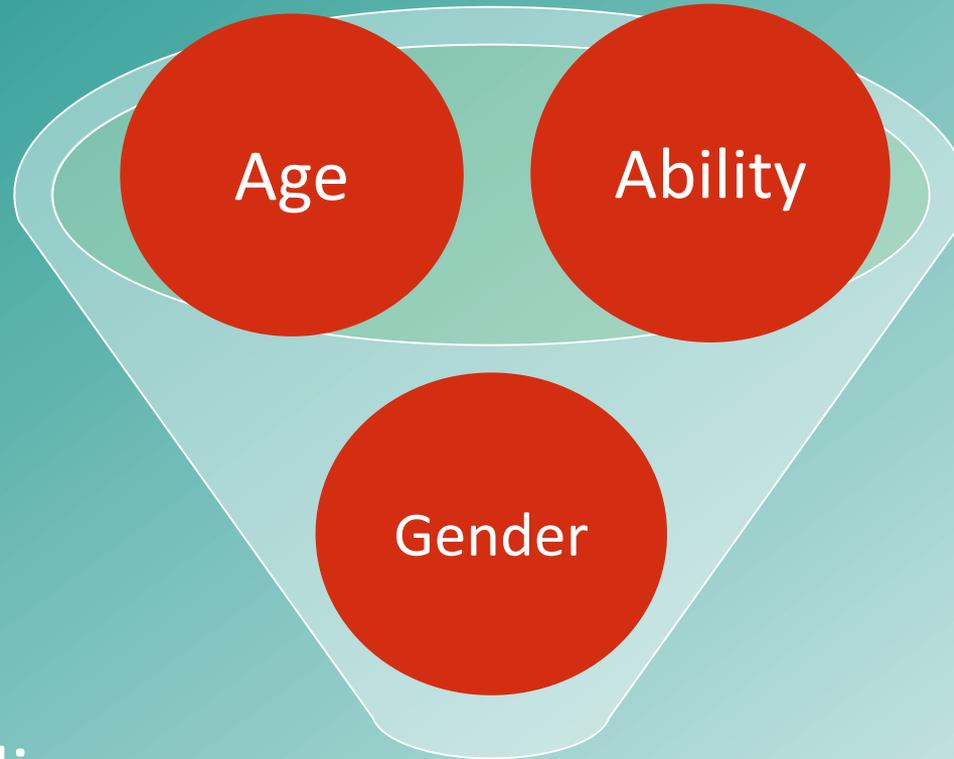
To ensure fair and equitable competition, to provide each athlete an opportunity to excel, and as a tool for motivating each athlete to do their personal best, Special Olympics uses a unique process called “divisioning”. Divisioning places athletes of similar gender, age and ability together to compete against one and other.

Divisions are ideally comprised of 3 – 8 athletes; are of the same gender and within the same age range. An athlete’s ability is the primary factor in divisioning for competitions. A 15% guideline is used to determine similar ability. The variance between the fastest and the slowest competitors in a division should be no more than 15%; thereby giving all competitors a reasonable opportunity to compete with one and other.

For example: an athlete that runs the 100m dash consistently in 20 seconds would run in a division that the fastest competitor would run no faster than 17 seconds motivating each athlete to do their best. (If an athlete that consistently ran a 30 second 100m and they were lined up to race a competitor that ran a 12 second 100m – they probably wouldn’t feel motivated to do their best for the entire race.

The “Honest Effort” rule states that an athlete may be sanctioned for obtaining a time/distant greater than 15% at a State Tournament.

# Divisioning Review



15% Guideline

Division

# Divisioning for Teams



**Similar to divisioning for individual athletes, divisioning for teams helps to ensure fair and equitable competition, provide each team an opportunity to excel and is a tool for motivating each team to do their best.**

**Team divisions are ideally comprised of 3 – 8 teams; are of the same gender and within the same age range. The teams ability level is also the primary factor in divisioning for competitions.**

**To determine a Team's ability level, teams are required to submit team and player assessment forms. Teams are also required to attend an Assessment Round tournament prior to the State Tournament.**

**The information from the assessment forms, the results and observations from the Assessment Round, along with past results and input from coaches and officials are all taken into account to place teams of similar ability together for state tournaments.**

# Unified Sports®



Special Olympics Unified Sports® began in Massachusetts in the early 1980's. It is recognized globally as an iconic program for social inclusion which activates attitude change and community building through an inclusive sport experience between individuals with and without intellectual disabilities, while broadening the relevance and impact of the Special Olympics movement.



# Unified Sports (cont.)



- An inclusive model sport program
- Approximately equal numbers of S.O. athletes and partners without intellectual disabilities as teammates for training and competition
- Athletes & partners: similar age and ability (ideal)
- 3 Models
  - Unified Sports® Competitive – Athletes and Partners are Teammates in competitive play
  - Unified Sports® Player Development – Teammates of lower ability not ready for competitive play are mentored by teammates of higher ability
  - Unified Sports® Recreational – An introduction to Unified Sports®



# Sustaining Athlete Health



## The Healthy Athletes Initiative

Since officially launching in 1997 as a Special Olympics program started by Dr. Steve Perlman, a pediatric dentist from Lynn, Massachusetts, Healthy Athletes has grown to provide seven different health screenings — Fit Feet, FUNfitness, Healthy Hearing, Health Promotion, Opening Eyes®, MedFest and Special Smiles® — with the goal to improve athletes' ability to train and compete. These free health screenings have been implemented globally in more than 90 countries, and nearly 500,000 screenings have been completed since its inception.

### **The key objectives of Special Olympics Healthy Athletes Initiative are:**

- Improve access and health care for Special Olympics athletes at event-based health screenings.
- Make referrals to local health practitioners when appropriate.
- Train health care professionals and students in the health professions about the needs and care of people with intellectual disabilities.
- Collect, analyze and disseminate data on the health status and needs of people with intellectual disabilities.
- Advocate for improved health policies and programs for person with intellectual disabilities.

**SOCT conducts Healthy Athletes screenings at the annual Winter Games, Summer Games and Senior Sports Classic.**

# Athlete Leadership Programs (ALPs)



**Athlete Leadership Programs (ALPs)** allow athletes to explore opportunities for Special Olympics participation in roles previously considered “non-traditional.” Such participation might come in the form of an athlete serving on the Board of Directors or local organizing committee; or it might find an athlete as a spokesperson, member of an Athlete Input Council, a team captain, coach or official.

## **Special Olympics Connecticut offers the following Athlete Leadership Programs:**

- Public Speaking (Global Messengers)
- Athletes on Boards, Committees or Input Councils
- Athletes as Volunteers (games or events)
- Athletes as Coaches or Assistant Coaches
- Athletes as Sport Officials
- Assisting with Fund Raising
- Assisting with technology or other office work
- Serving as peer mentors or team captains

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## Get involved- be a Coach!

- Work with a team or individuals during their 8 week training period for approximately 2 hours per week
- Attend tournaments, either one day or overnight, and support the athletes both during competition and throughout the event.
- SOCT offers both sports specific training and training on working with Special Olympics athletes
- All coaches must submit a Class A Volunteer Registration form. A CORI and national background check are run on all coaches and assistant coaches.

**Become a coach and inspire greatness so that SOCT athletes can reach their full potential-on and off the playing field!**

# IS THIS YOU?





# FINDING FORMS AND SUBMITTING FORMS

## www.soct.org



Home > Forms

**FORMS**

- 2017 Local Program Accreditation and Susan Saint James
- 2017 Local Program Application for Accreditation/Susan Saint James Endowment Request Form and Budget Form**
- 2017 Local Program Application for Accreditation/Susan Saint James Endowment Request 2017 Budget Form
- Registration Information**
- 2017 Registration Calendar
- Intent to Participate Form
- 2017 Winter Games Registration Forms**
- Alpine Skiing Excel / PDF
- Cross Country Skiing Excel / PDF
- Figure Skating Excel / PDF
- Floor Hockey Excel / PDF
- Gymnastics Excel / PDF
- Snowboarding Excel / PDF
- Snowshoeing Excel / PDF
- Speed Skating Excel / PDF
- Traditional Basketball Excel / PDF

**PENGUIN PLUNGE**

**WINTER GAMES**

Athlete, Partner forms:  
 Sue Mohr ext. 239  
[susanm@soct.org](mailto:susanm@soct.org)  
[registration@soct.org](mailto:registration@soct.org)

Volunteer Applications:  
 Katie York ext. 224  
[kathryny@soct.org](mailto:kathryny@soct.org)

Concussion Certifications  
 Rachael Polansky ext. 253  
[rachaelp@soct.org](mailto:rachaelp@soct.org)

**\*\*\*SAVE/SCREENSHOT COPY OF CERTIFICATE AND EMAIL\*\*\***

Special Olympics CT  
 2666 State St., Suite 1  
 Hamden, CT 06517

Phone 203-230-1201  
 Fax 203-230-1202

\*Scanning and emailing forms is preferred.

\*Faxes will be accepted as long as the copy is clear and legible.

\*If mailing, be sure to save copy for your records.

# ATHLETE FORMS

# UNIFIED PARTNER FORMS



## ATHLETES 18 years +

Athlete Medical  
Athlete Release Adult

## ATHLETES under 18 years

Athlete Medical  
Athlete Release Minor

IF AN ATHLETE ATTENDS AN EVENT AS AN  
ASSISTANT COACH THEY MUST ALSO  
COMPLETE THE CLASS A PROCESS

## PARTNERS 18 years +

Unified Partner Release Form  
Volunteer CLASS A Application  
Protective Behavior Certification

## PARTNERS under 18 years

Unified Partner Release Form  
Volunteer Minor CLASS A Application





Special Olympics



**ATHLETE RELEASE FORM**

**Section B.**

**RELEASE TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR ATHLETE**

I am the parent/guardian of \_\_\_\_\_, the minor Athlete, and have submitted the attached application for participation in Special Olympics. The Athlete has my permission to participate in Special Olympics activities.

I further represent and warrant that to the best of my knowledge and belief, the Athlete is physically and mentally able to participate in Special Olympics. With my approval, a licensed medical professional has reviewed the health information set forth in the Athlete's application, and has certified based on an independent medical examination that there is no medical evidence, which would preclude the Athlete's participation. I understand that if the Athlete has Down Syndrome, he/she cannot participate in sports or events, which, by their nature, result in hyper-extension, radical flexion or direct pressure on the neck or upper spine, unless I and two physicians have completed the official "Special Release for Athletes with Atlanto-Axial Instability," available from the Special Olympics Program in my jurisdiction, or the Athlete has had a full radiological examination, which establishes the absence of Atlanto-axial instability. I am aware that if I choose not to complete the "Special Release for Athletes with Atlanto-Axial Instability" form which establishes the absence of Atlanto-axial instability, the Athlete must have the radiological examination before he/she can participate in judo, equestrian sports, gymnastics, diving, pentathlon, butterfly stroke, diving starts in swimming, high jump, alpine skiing, snowboarding, squat lift and football team competition (soccer).

In permitting the Athlete to participate, I am specifically granting my permission, forever, to Special Olympics to use the Athlete's likeness, name, voice and words in television, radio, film, newspapers, magazines and other media, and in any form, for the purpose of publicizing, promoting or communicating the purposes and activities of Special Olympics and/or applying for funds to support those purposes and activities.

By signing below, I am also permitting the Athlete to participate in the Special Olympics Healthy Athletes Program, which provides individual screening assessments of health status and health care needs in the areas of: vision; oral health; hearing; physical therapy; and a variety of health promotion areas (height, weight, sun protection, etc.). I understand that information gathered as part of the Healthy Athletes Program screening process may be used in group form (anonymously) to assess and communicate the overall health needs of athletes and to develop programs to address those needs. I understand that notwithstanding my consent, there is no obligation for the Athlete to participate in the Healthy Athletes Program and that I may decide that the Athlete will not participate. I understand that provision of these health services is not intended as a substitute for regular care. I also understand that the Athlete should seek his/her own medical advice and assistance irrespective of the provision of these services and that Special Olympics through the provision of these services is not making itself responsible for Athlete's health.

I acknowledge that Special Olympics events may involve overnight activities and that the housing arrangements for each event may differ. I understand that I should contact the Special Olympics Program in my jurisdiction if I have any questions about housing arrangements for a specific event or the housing policy in general.

If a medical emergency should arise during the Athlete's participation in any Special Olympics activities, at a time when I am not personally present so as to be consulted regarding the Athlete's care, I hereby authorize Special Olympics, on my behalf, to take whatever measures are necessary to ensure that the Athlete is provided with any emergency medical treatment, including hospitalization, that Special Olympics deems advisable in order to protect the Athlete's health and well-being. **(IF YOU HAVE RELIGIOUS OBJECTIONS TO RECEIVING SUCH MEDICAL TREATMENT, PLEASE CROSS OUT THIS PARAGRAPH, INITIAL IT AND SIGN AND ATTACH THE SPECIAL PROVISIONS REGARDING MEDICAL TREATMENT FORM)**

I am the parent (guardian) of the Athlete named in this application. I have read and fully understand the provisions of the above release, and have explained these provisions to the Athlete. Through my signature on this release form, I am agreeing to the above provisions on my own behalf and on the behalf of the Athlete named above.

I hereby give my permission for the Athlete named above to participate in Special Olympics games, recreation programs, and physical activity programs.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



Please be sure the athlete name is printed at the top and the necessary signatures are on the bottom of the release.

**Section A.**

**ATHLETE RELEASE FORM  
RELEASE TO BE COMPLETED BY ADULT ATHLETE**

I, \_\_\_\_\_, am at least 18 years old and have submitted the attached application for participation in Special Olympics.

I represent and warrant that, to the best of my knowledge and belief, I am physically and mentally able to participate in Special Olympics activities. I also represent that a licensed medical professional has reviewed the health information contained in my application and has certified, based on an independent medical examination, that there is no medical evidence that would preclude me from participating in Special Olympics. I understand that if I have Down Syndrome, I cannot participate in sports or events which, by their nature, result in hyper-extension, radical flexion or direct pressure on my neck or upper spine unless I and two physicians have completed the official "Special Release for Athletes with Atlanto-Axial Instability," available from the Special Olympics Program in my jurisdiction, or I have had a full radiological examination that establishes the absence of Atlanto-axial instability. I am aware that if I choose not to complete the "Special Release for Athletes with Atlanto-Axial Instability" form, which establishes the absence of Atlanto-axial instability, I must have the radiological examination before I can participate in equestrian sports, gymnastics, pentathlon, butterfly stroke, diving starts in swimming, high jump, alpine skiing, and football (soccer).

Special Olympics has my permission forever to use my likeness, name, voice or words in either television, radio, film, newspapers, magazines, and other media, and in any form, for the purpose of publicizing, promoting or communicating the purposes and activities of Special Olympics and/or applying for funds to support these purposes and activities.

I understand that by signing below I consent to participate in the Special Olympics Healthy Athletes Program, which provides individual screening assessments of health status and health care needs in the areas of: vision; oral health; hearing; physical therapy, and a variety of health promotion areas (height, weight, sun protection, etc.). I understand that information gathered as part of the Healthy Athletes Program screening process may be used in group form (anonymously) to assess and communicate the overall health needs of athletes and to develop programs to address those needs. I understand there is no obligation for me to participate in the Healthy Athletes Program and that I may decide not to participate. Provision of these health services is not intended as a substitute for regular care. I also understand that I should seek my own independent medical advice and assistance irrespective of the provisions of these services and that Special Olympics is not through the provision of these provisions responsible for my health.

I acknowledge that Special Olympics events may involve overnight activities and that the housing arrangements for each event may differ. I understand that I should contact the Special Olympics Program in my jurisdiction if I have any questions about housing arrangements for a specific event or the housing policy in general.

If, during my participation in Special Olympics activities, I should need emergency medical treatment, and I am not able to give my consent or make my own arrangements for that treatment for any reason, I authorize Special Olympics to take whatever measures it deems necessary to protect my health and well-being, including, if necessary, hospitalization. **(IF YOU HAVE RELIGIOUS OBJECTIONS TO RECEIVING SUCH MEDICAL TREATMENT, PLEASE CROSS OUT THIS PARAGRAPH, INITIAL IT AND SIGN AND ATTACH THE SPECIAL PROVISIONS REGARDING MEDICAL TREATMENT FORM)**

I, the Athlete named above, have read this paper and fully understand the provisions of the release that I am signing. I understand that by signing this paper, I am saying that I agree to the provisions of this release.

Signature of Adult Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

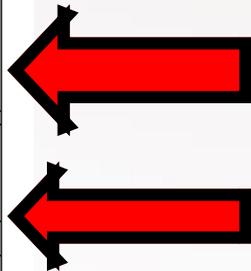
I hereby certify that I have reviewed this release with the Athlete whose signature appears above. I am satisfied based on that review that the Athlete understands this release and has agreed to its terms.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_ (e.g. family member, teacher, coach, etc.)



APPLICATION FOR PARTICIPATION IN SPECIAL OLYMPICS CONNECTICUT Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement Unified Sports® Partner		
<b>UNIFIED SPORTS® PARTNER INFORMATION LOCAL PROGRAM:</b>		
Name (First – Last): _____		
Date of birth: _____	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Phone: ( ) _____
Street: _____		
City: _____	State: _____	ZIP Code: _____
E-Mail: _____		
<b>PARENT OR GUARDIAN INFORMATION FOR UNIFIED SPORTS®PARTNERS UNDER 18 YEARS OF AGE:</b>		
Name: _____		
Address (if different than above): _____		
City: _____	State: _____	ZIP Code: _____
Phone Home: _____	Work: _____	Mobile: _____
E-Mail: _____		
<b>EMERGENCY CONTACT (IF DIFFERENT THAN PARENT OR GUARDIAN)</b>		
Name: _____		Phone: _____
<b>HEALTH ADVISORIES: Please list below any pertinent health information (i.e. allergies, etc.)</b>		
Height: _____ Weight: _____		
<b>SPECIAL OLYMPICS RELEASE AND WAIVER OF LIABILITY</b>		
<p>In consideration of participating in Special Olympics Unified Sports®, I represent that I understand the nature of the event and that I (and/or my minor child) am (are/are) qualified, in good health and in proper physical condition to participate in Unified Sports® events. I fully understand the event involves risks of serious bodily injury which may be caused by my own actions or inactions, by the actions of others participating in the event, or by conditions in which the event takes place. I fully accept and assume all such risks and all responsibility for losses, costs, and/or damages I (and/or my minor child) may incur as a result of my (and/or my minor child's) participation. I acknowledge that at any time that I (we) feel that the event conditions are unsafe, I (and/or my minor child) will discontinue participation immediately.</p> <p>If during my participation in Special Olympics activities I should need emergency medical treatment and I (and/or my minor child) am (are/are) not able to give my consent for or make my own arrangements for that treatment because of my injuries, I authorize Special Olympics to take whatever measures are necessary to protect my health and well-being, including, if necessary, hospitalization.</p> <p>I acknowledge that Special Olympics events may involve overnight activities and that the housing arrangements for each event may differ. I understand that I should contact the Special Olympics Program in my jurisdiction if I have any questions about housing arrangements for a specific event or the housing policy in general.</p> <p>I (and/or my minor child) release, indemnify, covenant not to sue and hold harmless Special Olympics, its administrators, directors, agents, officers, volunteers, employees and other Unified Sports® participants, and sponsors, advertisers, and if applicable any owners and lessors of premises on which the activity takes place from all liability any losses, claims (other than that of the medical accident benefit), demands, costs or damages that I (and/or my minor child) may incur as a result of participation in Unified Sports® events and further agree that I, despite this "Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement", or anyone on my behalf makes a claim against any of the Releasees, I will, Indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage or cost which may incur as a result of such claim.</p> <p>I have read this "Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement" and fully understand it.</p>		
Signature of Unified Sports® Partner _____		Date _____
Signature of Parent/Guardian of Minor Unified Sports® Partner _____		Date _____
<b>PLEASE READ BEFORE SIGNING- THIS FORM MUST BE SIGNED AND DATED TO BE CONSIDERED VALID</b>		
I understand that:		
<ul style="list-style-type: none"><li>- the information that I have provided may be verified, and I give permission to Special Olympics to make inquiry of others concerning my suitability to act as a Special Olympics volunteer;</li><li>- in the course of volunteering for Special Olympics, I may be dealing with confidential information and I agree to keep said information in the strictest confidence;</li><li>- the relationship between Special Olympics and volunteers is an "at will" agreement, and that it may be terminated at any time without cause by either the volunteer or Special Olympics;</li><li>- I grant Special Olympics permission to use my likeness, voice, and words in television, radio, film, or in any form to promote activities of Special Olympics.</li></ul>		
Signature of Unified Sports® Partner: _____		Date: _____
Signature of Parent/Guardian of Minor Unified Sports® Partner: _____		Date: _____



This Unified Partner form is for both minors and adults.

Minor Unified Partners and their parent/guardian are to sign in both sections of this form.

Adult Unified Partners are to sign both sections of this form.



## QUARTERLY DELEGATION REPORTS

The quarterly delegation report is sent to the Local Coordinator four (4) time a year prior to each sporting season.

Please look for this report in your inbox.

It will always be sent in excel format.

Updates to this report are appreciated and will be processed as soon as possible. Please send updates to Sue Mohr.

Local Program	Type	First Name	DOB	Age	Medical Expiration	Release Effective	Release Expiration	Class A Expiration	Protective Behaviors Expiration	Concussion Expiration
216 Special Olympics Bloomfield	Athlete	Katrina	10/27/1976	39	01/15/2016	05/10/2003	12/31/2199			
216 Special Olympics Bloomfield	Hometown Escort	Thomas	09/13/1952	63				4/20/2015	5/1/2015	
216 Special Olympics Bloomfield	Athlete	Max	01/06/1992	24	09/23/2014	09/24/2011	12/31/2199			
216 Special Olympics Bloomfield	Athlete	Steven	09/25/1979	36	08/25/2018	08/28/2015	12/31/2199	5/1/2011	5/4/2011	
216 Special Olympics Bloomfield,310 Special Olympics Simsbury	Athlete	Jared	04/04/1982	33	06/28/2016	11/03/2002	12/31/2199			
216 Special Olympics Bloomfield,203 Allied Enfield Stars	Unified Partner	Carol	02/23/1953	63		09/05/2007	12/31/2199	10/9/2016	10/29/2017	
216 Special Olympics Bloomfield	Athlete	Lance	11/13/1967	48	09/19/2017	09/14/2014	12/31/2199			
216 Special Olympics Bloomfield	Unified Partner Coach,Local	Heath	04/07/1969	46		09/26/2006	12/31/2199	10/5/2015	9/25/2014	
216 Special Olympics Bloomfield	Coordinator,Unified Partner	Mary	06/06/1949	66		11/04/2004	12/31/2199	10/13/2017	4/24/2017	
216 Special Olympics Bloomfield,229 Special Olympics Windsor	Athlete	Jennifer	06/30/1986	29	05/03/2018	02/18/2008	12/31/2199			
216 Special Olympics Bloomfield	Coach	Steven	10/05/1955	60		09/13/2003	12/31/2199	2/22/2014	2/14/2014	



# Concussion Training

**ALL Head Coaches must complete the online Concussion Training**

Click the link on the Coaches Corner page to access the course through the CDC website.  
Please email certificates to Rachael P. ([rachaelp@soct.org](mailto:rachaelp@soct.org)) when complete!

- SPORTS & FITNESS PROGRAMS
- Coaches Corner
- Special Olympics Healthy Athletes®
- Local Programs
- Sports and Competitions
- Special Olympics Unified Sports® School Programs Administered by CIAC (Connecticut Interscholastic Athletic Conference)
- Unified Sports® Fitness Club
- USA and World Games
- Request an SOCT, Unified Sports Fitness Club Tool Kit



## Coaches Corner

"The key to improving athlete performance and well-being is based on the quality of sport training and experiences provided by the local Special Olympics coach. ("Coach" refers to an individual who assumes responsibility for athletes, actively trains athletes, and coaches them in competitions [the Class A Volunteer].) The Special Olympics North America Coach Education System identifies basic standards and competencies necessary and essential for being a Special Olympics coach."- *Special Olympics North American Coach Education System.*

### Coaches Certification Goals

- By the year 2018, Special Olympics Connecticut's Local Programs will:
- Have 100% of all head coaches of registered teams reach certified coach status
  - Have 100% of all Unified Sports Head Coaches complete the Unified Sports Course

### Becoming a Special Olympics Certified Head Coach

To receive Special Olympics head coach certification, an individual must be at least 18 years of age and successfully complete the following:

1. Complete the [Class A Volunteer form](#), the online [Protective Behaviors](#) training and a [General Orientation](#) that provides a basic introduction to Special Olympics Connecticut.
2. Complete the [Coaching Special Olympics Athletes Course](#).\* (NEW coaches seeking certification must take this course. All returning certified coaches are strongly encouraged to take the course, but it is not mandated to renew certification. After you complete this course, please email your certificate to Katie Dennett, [katied@soct.org](mailto:katied@soct.org).)  
\*This course is offered online for a small fee and will be offered in person at the New England Coaches Conference\*
3. Complete Concussion Awareness Training.  
- To take the "Heads Up Concussion in Youth Sports" on the CDC website, please click [here](#).  
-To take the course on the NFHS website, please click [here](#).  
\*\*Please email your completed course certificate to Rachael: [rachaelp@soct.org](mailto:rachaelp@soct.org).
4. Attend and participate in an approved course on teaching and coaching a specific sport (attend a Coaches Training Course).

Helpful Coaching Resources +

Upcoming Trainings & Events +

Visit [www.soct.org](http://www.soct.org), hover your mouse over "Sports & Fitness Programs, and click on "Coaches Corner"

Click on the drop-down tab, "Becoming a SO Certified Head Coach"

Click the link to the CDC or the NFHS Website for the free training

The Special Olympics Movement unlocks the joy of sport to inspire people throughout the world - to open their minds to human giftedness, to accept, include and value people with intellectual disabilities in all aspects of life, and thereby unite people in a shared belief of a more just and welcoming world.

***Special Olympics***  
*Connecticut*



# General Orientation Quiz

Now that you've finished reading the General Orientation, please click here to complete the [quiz!](#)

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*Connecticut*

