

2026



***Special
Olympics***
Connecticut

**over the
EDGE**

A white silhouette of a person is shown climbing a rope that extends from the top of the 'E' in 'EDGE' down towards the bottom right of the page.

PARTICIPANT TOOLKIT



Special Olympics
Connecticut

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Welcome

We want to extend a big thank you for joining us as a participant in Over the Edge to benefit Special Olympics Connecticut. Your commitment to supporting SOCT is making a real difference in the lives of individuals with intellectual disabilities. With nearly 14,000 athletes in the state, your support is crucial in ensuring that they have access to the programs and opportunities they need to thrive.

Through Special Olympics Connecticut's year-round programs, athletes are able to develop important skills such as teamwork, leadership, and self-confidence, all while improving their physical and mental health. Your support not only helps athletes excel in sports but also provides them with the tools they need to succeed in all aspects of life. We're excited to share with you tips and tricks to help you hit your fundraising goals, as well as provide you with important information about the event and the crucial programs provided by SOCT. Thank you again for your support and dedication to making a difference in the lives of individuals with intellectual disabilities.



Event Details

WHAT IS OVER THE EDGE?

Over the Edge is a fundraiser for SOCT where participants raise pledges in exchange for the opportunity to rappel more than 30 stories from the top of Mohegan Sun's Sky Tower! Enjoy amazing views and an exciting, unforgettable experience - all to support local Special Olympics Connecticut athletes. No previous training or experience is required. Expert technicians provide on-site training prior to the rappel.

DATE

Friday
August 28, 2026
8:00am - 5:00pm

LOCATION

Mohegan Sun
1 Mohegan Sun Blvd.
Uncasville, CT



WHAT IS THE FUNDRAISING DEADLINE?

Event Day is the official fundraising deadline. If you haven't quite met your target by Event Day, you can contact your event manager to hold your rappel spot with a credit card.

CAN I WEAR A COSTUME?

Absolutely! Our on-site technical team will do their best to make your costume work for your rappel. The technical team has the final say in whether the costume is safe enough to rappel. Stringy, loose, or excessive costumes must be avoided. Headpieces that will not accommodate a helmet, obscure vision, or are notably large or heavy will not be allowed.

WHAT IS THE MINIMUM AGE TO RAPPEL?

Anyone can participate in an Over the Edge event. The only restriction is that anyone under the age of 18 requires a parent or guardian's signature on the legal waiver.

WHAT IS THE MINIMUM WEIGHT TO RAPPEL?

Over the Edge safety standards require that people must be between 100 and 300lbs in order to safely rappel.

DO I NEED TO HAVE EXPERIENCE TO PARTICIPATE?

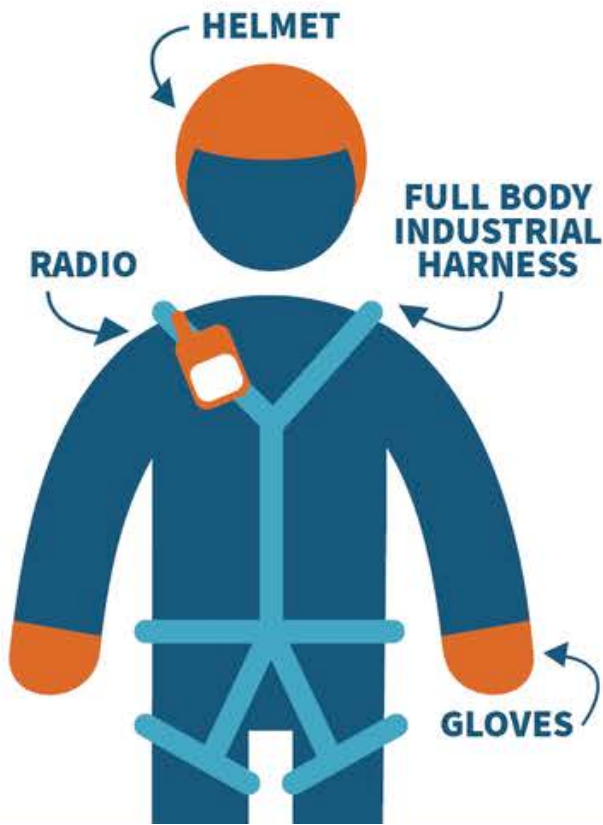
Not at all! Our technicians will provide all the training and support you need to get Over the Edge!

**LEARN MORE AT
WWW.SOCT.ORG**



#OverTheEdgeSOCT

Event Day: What to Expect



1 REGISTRATION

Arrive at the event and find the registration table to sign your participant waiver. Meet with the Over The Edge rope techs.



2 STAGING & TRAINING

Get fitted with our rappelling gear. Get comfortable in the harness and train with the Over The Edge rope techs.



3 RAPPELLING

The hardest part is getting Over The Edge. You Got This!



4 OVER IT!

You got Over It!
You're now a member of the Over It Club.



SNEAKERS



HAIR TIED BACK



FITTED CLOTHING

We recommend you wear well-fitting sneakers or other soft-soled shoes. All long hair should be tied back. To assure you're comfortable wearing the harness, we suggest wearing well-fitted clothing.

NOT PERMITTED ON THE ROOF

You will be required to leave droppable items like keys and cell phones, or jewelry that can get caught on things, with a staff member on-site.



HIGH HEELS



DRAW CORD CLOTHING



JEWELLERY



LOOSE OBJECTS

Participant Resources

EVENT RESOURCES

- [What to Expect](#)
- [How to Prepare](#)
- [What to Wear](#)
- [Sponsorship Opportunities](#)
- [Become a Ropes Volunteer](#)
- [Event Photos](#)

FUNDRAISING RESOURCES

- [Donation Request Letter Template](#)
- [Fundraising Tips](#)
- [Best Practices for Fundraising](#)

SPECIAL OLYMPICS CONNECTICUT INFO

- [SOCT.org: Sports Programs](#)
- [SOCT.org: Get Involved](#)
- [SOCT.org: Health & Wellness](#)
- [SOCT.org: Unified Sports® in Schools](#)

FOR MORE INFORMATION, CONTACT:

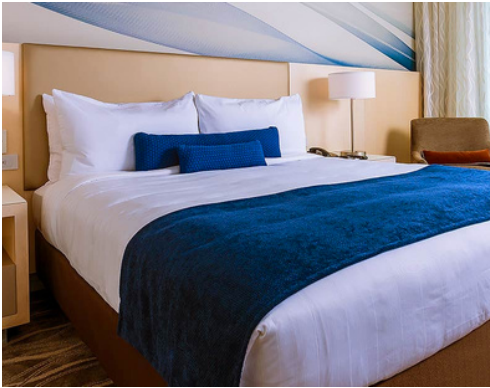
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Hamden, CT 06517
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www.soct.org



Fundraising Incentives

	EVENT PARTICIPANTS			MOHEGAN SUN TEAM MEMBERS & MOHEGAN TRIBAL GOVERNMENT EMPLOYEES			
FUNDRAISING LEVEL	\$1,250+	\$2,000+	\$3,000+	\$500+	\$750+	\$1,000+	\$2,000+
EVENT PHOTO	✓	✓	✓	✓	✓	✓	✓
EVENT T-SHIRT	✓	✓	✓	✓	✓	✓	✓
MOHEGAN SUN GIFT CARD	\$100	\$200	\$200		\$200	\$200	\$200
2 TICKETS MOHEGAN SUN ARENA			✓			✓	✓
PRIZE PTO				8 hours	8 hours	8 hours	24 hours



The Mohegan Sun Gift Card – a great way to experience Mohegan Sun. Our gift cards can be used for shopping, dining, and entertainment and are accepted at the luxurious hotels at Mohegan Sun, including the Sky and Earth Towers, Mandara Spa, Mohegan Sun Golf Club and Mohegan Sun's Mobil Gas Station & Convenience Store. GIFT CARDS ARE NOT AVAILABLE FOR GAMING USE.

*ARENA SHOW TICKETS BASED ON AVAILABILITY

Our Mission

At Special Olympics Connecticut, our mission is clear: to create a world where every individual is celebrated for who they are. With your participation in Over the Edge, you are making a significant impact on our journey towards this vision.

Through your support, we are able to empower and inspire individuals with intellectual disabilities to discover their own greatness and to be recognized as valuable members of our community. Your contribution to this event plays a crucial role in transforming lives. Here's how your support helps us make a difference:

Providing Life-Changing Opportunities

By fundraising for Special Olympics Connecticut, you are providing individuals with intellectual disabilities the opportunity to participate in year-round sports training and athletic competitions. These activities not only promote physical health but also foster social inclusion, build self-confidence, and enhance personal development.

Promoting Inclusion and Acceptance

Your efforts contribute to creating a society that values diversity and celebrates the unique abilities of every individual. Through inclusive sports programs, awareness campaigns, and community engagement, we strive to break down barriers and create a more inclusive world for everyone.

Inspiring Future Leaders

Special Olympics Connecticut not only offers sports programs but also provides leadership opportunities for athletes to develop essential life skills, gain confidence, and become advocates for themselves and others. Your support helps us nurture these future leaders who will continue to promote inclusion and create positive change.

We are truly grateful for your commitment to our cause. Your generosity will have a lasting impact on the lives of our athletes and their families. Together, we can create a world where everyone is embraced and celebrated for their unique abilities.

**"Climb every
mountain,
Reach for the stars,
Slide Over the Edge,
You are so Great,
Just as YOU are !!!**

**SOCT Global
Messengers are so
very proud of you!"**

Ryan P.
SOCT Global Messenger



Special Olympics Connecticut

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities; giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics is the largest sports organization and the largest public health organization dedicated to serving people with intellectual disabilities. Worldwide, Special Olympics supports over 4.6 million athletes, 1 million coaches and volunteers, and holds over 60,000 competitions a year in more than 200 countries. Special Olympics Connecticut offers sports, health, and fitness programs to individuals of all ages and abilities throughout the state.

Sports Programs

We offer traditional sports programs for individuals with intellectual disabilities and Unified Sports®, which bring athletes with and without disabilities together on the same team to train and compete. Over 13,000 athletes and Unified partners participate year-round in one or more of our 25+ sports offered.

Unified Sports®

We partner with the Connecticut Interscholastic Athletic Conference (CIAC) to offer Unified Sports®. Unified Schools is not just about including students with disabilities, but unifying all students and shifting the norm in schools from sports as recreation to sports as a catalyst for social inclusion and attitude and behavioral change.

Athlete Leadership

60 Global Messengers are trained to serve as Special Olympics spokespersons and ambassadors. In addition, 9 Health Messengers serve as spokespersons and ambassadors for our Healthy Athletes® program. Athletes also serve on our Board of Directors and sit on our CT Law Enforcement Torch Run Executive Council.

Healthy Athletes®

Healthy Athletes® is a program that provides free health screenings and education to athletes with intellectual disabilities who participate in Special Olympics events. The program aims to improve the overall health and well-being of the athletes by providing access to healthcare services and resources that they may not otherwise have access to. Screenings are offered in vision, hearing, dental care, fitness, and nutrition.

Why this program is so critical...

- 80% of athletes are either overweight or obese
- 85% have flexibility problems and 59% have balance problems
- 57% need new prescription glasses (which we provide at no cost)



Fundraising Tips & Tricks

Remember, every dollar counts and no donation is too small. Your efforts will make a significant impact on our cause and help us make a difference in the lives of thousands of athletes with intellectual disabilities across the state.

Share Your Personal Story

People are more likely to donate when they feel a personal connection to the cause. Share why this cause is important to you and how it has affected your life.

Set a Fundraising Goal

Setting a goal can help you stay motivated and give potential donors an idea of how much you are trying to raise. Be specific and realistic when setting your goal.

Highlight the impact

Talk about the positive impact that Special Olympics Connecticut has on individuals with intellectual disabilities. Share stories of athletes who have overcome challenges and achieved their goals thanks to our programs.

Utilize Social Media

Social media is a powerful tool for spreading awareness and raising funds. Share your personal fundraising page on all your social media platforms and encourage your friends and family to do the same.

Offer Incentives

Offer a small incentive for reaching certain donation milestones, such as a personalized thank-you note or a shout-out on social media.

Get Creative

Think outside the box and come up with unique fundraising ideas that align with your personal interests and passions.

Thank donors

Always express gratitude for their support, whether or not they end up making a donation. Building relationships with donors is essential for long-term success.

RAISE \$1,250 IN 8 SIMPLE STEPS

1

Sponsor yourself for \$100

2

Ask 6 family members to contribute \$50

3

Ask 5 co-workers to contribute \$20

4

Ask 5 people from your social group or church to donate \$20

5

Ask 10 people who follow you on social media to donate \$20

6

Ask 5 professional contacts to donate \$50

7

Ask 5 businesses that you visit frequently to donate \$20

8

Ask 5 friends to contribute \$20

Setting a Fundraising Goal

We appreciate your commitment to making a positive impact in our community. As you prepare for your rappelling experience, it's important to stay motivated and focused on your fundraising efforts. Here are a few strategies that can help you set realistic goals and achieve them:



Break Your Goal into Smaller Targets: Set smaller, achievable fundraising goals that add up to your overall target. For example, if your target is \$1,000, aim to raise \$250 each week leading up to the event.

Leverage Your Network: Reach out to your network of friends, family, colleagues, and acquaintances to ask for their support. Be sure to share why this cause is important to you and how their donation can make a difference.

Share Your Progress: Regularly update your supporters on your fundraising progress through social media posts, emails, or text messages. This will help you stay accountable and motivate others to contribute to your efforts.

Remember, every dollar counts, and together we can make a significant impact. We're grateful for your support and dedication to our cause. If you have any questions or need assistance with your fundraising efforts, please don't hesitate to reach out to our team.

“Special Olympics makes me happy because I enjoy doing it and seeing my teammates and coaches and it makes me feel active when I do my different year round sports”.

Carly S.
SOCT Global Messenger



The Power of Storytelling

The power of storytelling is undeniable when it comes to fundraising. By sharing your personal connection to our mission and highlighting the impact of our programs, you can inspire others to support our cause. Here are some tips to keep in mind:

Start with your personal connection: Share why you are passionate about Special Olympics Connecticut. Did you or someone you know benefit from our programs? Have you volunteered with us? Your personal connection will make your story more compelling and authentic.

Highlight the impact: Talk about the positive impact that Special Olympics Connecticut has on individuals with intellectual disabilities. Share stories of athletes who have overcome challenges and achieved their goals thanks to our programs.

Be specific about where the funds will go: Let donors know how their donations will make a difference. For example, \$50 could provide an athlete with a uniform, \$100 could fund a training session, and \$500 could cover the cost of transportation to a competition.

Practice your pitch: Rehearse your story and talking points ahead of time so you feel confident and prepared when speaking with potential donors.

Thank donors: Always express gratitude for their support, whether or not they end up making a donation. Building relationships with donors is essential for long-term success.

Thank you again for your hard work and dedication. We are grateful for your partnership in advancing our mission to promote inclusion and empower individuals with intellectual disabilities through sports.

"Special Olympics makes me happy because I do Over The Edge and make new friends."

Abby S.
SOCT Global Messenger



Leveraging Social Media

Did you know that social media has become an indispensable tool for successful fundraising? By leveraging the reach and connectivity of platforms like Facebook, Twitter, Instagram, and LinkedIn, you can extend your network and engage with a wider audience.

Tell Your Story: Personalize your fundraising campaign by sharing your connection to Special Olympics Connecticut and why this cause is important to you. People are more likely to contribute when they understand the impact they can make.



Engage Your Network: Reach out to friends, family, colleagues, and acquaintances through private messages, emails, or public posts. Explain your fundraising goal and ask for their support. Remember to include a link to your fundraising page for easy access.



Share Compelling Visuals: Use eye-catching images, videos, and graphics to grab attention and convey the spirit of Over the Edge and the impact of Special Olympics Connecticut. Show the enthusiasm and determination you bring to this event!



Leverage Hashtags: Include relevant and popular hashtags like #OverTheEdge, #OverTheEdgeSOCT, #SpecialOlympicsCT, and #Fundraising in your social media posts. This will increase visibility and connect you with a broader audience interested in similar causes.

Collaborate with Sponsors: Tag and mention any event sponsors or local businesses supporting your cause. They might be willing to amplify your message or offer incentives to donors, extending your reach even further.



Keep Your Supporters Updated: Regularly post updates on your progress, milestones achieved, and the impact of the funds raised. This keeps your supporters engaged and motivated to help you reach your goal.



Express Gratitude: Remember to thank your donors publicly on social media and tag them whenever possible. Recognizing their generosity not only shows your appreciation but also encourages others to follow suit.

Tap into Special Occasions: Utilize holidays, birthdays, or anniversaries as opportunities to request donations. Encourage your network to make a contribution in your honor instead of traditional gifts.



Remember, consistency and enthusiasm are key to maintaining momentum in your social media fundraising efforts. Don't be afraid to share your passion, be creative, and experiment with different approaches. Feel free to use our event-specific hashtags and tag Special Olympics Connecticut in your posts so we can cheer you on and share your progress!

Host a Fundraising Event

If you're looking for new ways to raise money for this worthy cause, hosting a fundraising event can be a fun and effective way to get your friends, family, and colleagues involved. Here are a few fundraising event ideas that you can organize:



Game Night: Host a game night and charge an admission fee. You can play board games, card games, or even video games. You can also offer snacks and drinks for a small donation.

Bake Sale: Organize a bake sale at your workplace or school. You can ask your colleagues or classmates to donate baked goods and sell them to raise money for Special Olympics Connecticut.

Sports Tournament: Organize a sports tournament and charge a registration fee. You can choose a sport that you and your friends enjoy, such as basketball, soccer, or volleyball. You can also offer prizes for the winning team.

Silent Auction: Ask local businesses and organizations to donate items or services for a silent auction. You can then organize an event where people can bid on these items, with the proceeds going to Special Olympics Connecticut.

These are just a few ideas to get you started. Remember, hosting a fundraising event is a great way to have fun and make a difference in the lives of Special Olympics athletes and their families. If you have any questions or need assistance with your fundraising efforts, please don't hesitate to reach out to our team.

"I like
Special
Olympics
because it
makes me
happy to
compete in
the sports."

John F.
SOCT Global Messenger



Request a Donation

As you prepare to descend from the iconic Mohegan Sun tower, we encourage you to spread the word about this unique experience and invite your friends, family, and colleagues to support your courageous endeavor. Your passion and dedication can inspire others to get involved and make a meaningful impact in the lives of Special Olympics athletes.



To make it easier for you to share your story and rally support, we've crafted a compelling fundraising email that you can forward to your contacts. Feel free to customize it with your personal touch, so your recipients can better understand why this cause is so important to you. **[Click here to download a copy you can edit.](#)**

By sharing your personal connection to Special Olympics and expressing your enthusiasm for Over the Edge, you have the power to inspire others to join our mission. Add your own story, share the reasons why you're passionate about Special Olympics Connecticut, and encourage your contacts to contribute. Remember, every dollar raised will directly support athletes with intellectual disabilities, empowering them to showcase their talents and achieve their dreams.

Thank you again for joining us on this extraordinary journey. We're thrilled to have you as part of the Over the Edge at Mohegan Sun community. Your support will make a world of difference!

"Special
Olympics
expanded my
horizons!"

Karla F.
SOCT Global Messenger





***Special
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Connecticut

over the EDGE



Contact

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