

2025 Overview



Special Olympics is the world's largest sports and public health organization serving people with intellectual disabilities (ID). Worldwide, more than 4 million athletes and Unified Sports® partners and one million coaches and volunteers in 200 countries participate in our programs year-round. In Connecticut, participants include:

7,307 athletes

6,671 Unified Sports® partners 1,595 coaches 9,000+ volunteers

Our Mission 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.

Traditional and Unified Sports® Traditional Sports programs for individuals with intellectual disabilities.
Unified Sports® program for teammates with and without disabilities to promote acceptance and inclusion for all.

We offer Traditional and Unified Sports® through our **69 Local Programs** in communities across the state. We also partner with the Connecticut Interscholastic Athletic Conference (CIAC) to offer Unified Sports® in:



129 high schools, 66 middle schools and 60 elementary schools

Why this program is so critical:



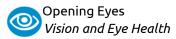
- ✓ Reduces bullying and exclusion
- ✓ Promotes healthy activities and interactions
- ✓ Overturns stereotypes and negative attitudes
- ✓ Eliminates hurtful language in schools and in all settings
- ✓ Engages youth as leaders

Additionally, 95% of liaisons say this program has created a more socially inclusive school, **100%** say it's valuable for the whole school, **95%** report increased participation of students with intellectual disabilities in school activities, and **85%** report increased attendance.



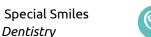
Healthy Athletes® Free screenings, health education, and resources for follow-up care (i.e. prescription eyeglasses, hearing aids, referrals) for athletes through 8 Healthy Athletes® disciplines:

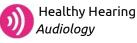


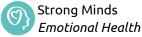


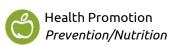


FUNFitness Physical Fitness













1,045 Free health screenings provided to our athletes at no cost to them and **272** Health professionals and students trained in treating people with intellectual disabilities by our staff in 2024.

Why this program is so critical:

80% of athletes are either overweight or obese

85% have flexibility problems

59% have balance problems

57% need new prescription glasses

Athlete Leadership Athletes receive training to serve as spokespersons, ambassadors and decision-makers for our organization.

2 Board of Directors Members who are athletes

60 Global Messengers who inform the public about our mission, programs and impact

13 Health Messengers who educate the public about our health and wellness programs and train health practitioners on serving individuals with ID

Sports Seasons 26 Olympic-type sports are offered * 5 Annual State Games and opportunities for our participants to compete in Special Olympics USA and World Games



Winter Games December — March Alpine Skiing Cross-Country Skiing Curling Figure Skating Floorball **Gymnastics** Snowboarding Snowshoeing

Speed Skating



Traditional Basketball Tournament January — March Basketball



Summer Games March — June Athletics (Track & Field) Cycling Soccer Swimming **Tennis**



Unified Sports®

Fall Festival June – September Bocce Cornhole Croquet Flag Football Golf Long-Distance Running Sailing

Softball



Unified Sports® Holiday Classic September — November Basketball Bowling Powerlifting Volleyball



Opportunities to Get Involved

Athlete – a participant with intellectual disabilities, email emilyp@soct.org Unified Sports® Partner – a participant without intellectual disabilities, email troys@soct.org

Coach – experienced or non-experienced coaches, training and certification classes offered, email derrickf@soct.org

Volunteer – short- and long-term opportunities available, email kathryny@soct.org Health Volunteer – help meet the needs of our athletes, email caitlind@soct.org

Fundraiser – support our Penguin Plunge, Over the Edge, Plane Pull and Law Enforcement Torch Run events and more throughout the year, email jackiet@soct.org

Sponsor – support a sports or special event, opportunities at all levels, email sharonr@soct.org

Donor – make a donation and enrich the life of an athlete and become a champion for inclusion, email christym@soct.org

For every \$1 donated, 77 cents directly impacts our athletes.

Learn more: soct.org * Email us: specialolympicsct@soct.org















