



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:



Fit Feet
Podiatry



FUNFitness
Physical Fitness



Healthy Hearing
Audiology



Health Promotion
Prevention/Nutrition



Opening Eyes
Vision and Eye Health



Special Smiles
Dentistry



Strong Minds
Emotional Health



MedFest
Physical Exam



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 jeffreyv@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

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