



### About Special Olympics Connecticut

- Special Olympics Connecticut provides year-round sports training and competition opportunities for over 12,000 athletes (individuals with intellectual disabilities) and Unified Sports® Partners (individuals without intellectual disabilities who are the athletes' teammates).
- In addition to its traditional sports programs for individuals with intellectual disabilities, the Special Olympics Unified Sports® program brings athletes with and without intellectual disabilities together to play sports, gain physical fitness, and develop friendships. Special Olympics Unified Sports® is offered in communities across Connecticut (through its 74 local programs), to individuals of all ages.
- Special Olympics Unified Sports® is also offered in over 95% of public high schools across the state, through Special Olympics Connecticut's partnership with the Connecticut Interscholastic Athletic Conference (CIAC). The program also provides elementary and middle school students the opportunity to participate in sports with their peers of different abilities and helps to create a more positive and inclusive school climate.
- Special Olympics offers 26 Olympic-type sports and hosts four state games annually, as well as additional qualifiers and competitions throughout the year.

The state games include Summer Games, Winter Games, the Unified Sports® Fall Festival and the Unified Sports® Holiday Classic.

- Athletes also have opportunities to compete globally - at Special Olympics' USA and World Games.

Special Olympics Connecticut sent a Unified team (athlete and Unified Sports® partner) to the Special Olympics World Games in Abu Dhabi in March of 2019! The pair competed in Bocce and brought home a gold medal!

- Special Olympics is sports and so much more. It is a movement that transforms lives by inspiring inclusion, understanding and respect for people of all abilities, both on and off the playing field.
- Special Olympics also provides free health screenings to athletes at events through its Healthy Athletes program. Through the program, athletes are screened for health issues and may receive such items as prescription eyeglasses, toothbrushes and mouth guards at no cost. In addition, Special Olympics Connecticut works with athletes to ensure they receive the follow-up care they require.

Not only does the program benefit athletes who might not have access to healthcare otherwise, it also helps medical practitioners become more comfortable treating people with intellectual disabilities.

- To promote fitness and friendships, Special Olympics Connecticut also brings people of all abilities together on Special Olympics Unified Sports® Fitness Clubs. Members exercise regularly on their own and with other team members and are provided with tracking devices to measure their progress and success!
- Website: [www.soct.org](http://www.soct.org)
- Follow us on Facebook ([facebook.com/SpecialOlympicsCT](https://facebook.com/SpecialOlympicsCT)), Twitter ([twitter.com/SOCTconnecticut](https://twitter.com/SOCTconnecticut)) and Instagram ([SpecialOlympicsCT](https://SpecialOlympicsCT))
- Get involved! Become an athlete, Unified Sports® partner, coach, volunteer, supporter, sponsor or fan!
- Special Olympics is about inspiring inclusion for people of all abilities through sport and revealing the champion in all of us.