

# Athlete Eligibility

Throughout Maryland, there are about 600,000 children and adults with intellectual disabilities who can benefit from our sports programs. Eligible athletes are all children and adults, at least eight years old, with intellectual disabilities, a cognitive delay, or a closely related developmental disability. Eligible athletes have functional limitations in both general learning and in adaptive skills. This typically includes all individuals with intellectual disability, combination deaf-blindness, autism, traumatic head injury, and most individuals with cerebral palsy and specific learning disabilities. Children ages six and seven may participate in Special Olympics training, but may not compete.

YAP - Children ages 3-6 may participate in a partnership program with MCPS.

There are training and competition opportunities every day throughout the year. Our programs are free to all eligible athletes and are possible thanks to the generous support from individuals and businesses who believe in Special Olympics athletes. Financial support comes almost exclusively from individuals, organizations, corporations and foundations in our communities.

Special Olympics is a life-long experience. There is no upper age limit!

Persons who wish to register as a Special Olympics Maryland - Montgomery athlete or volunteer should go to the website: [www.somdmontgomery.org](http://www.somdmontgomery.org) and you will be guided through the process.

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

— Special Olympic Athlete Oath

## Special Olympics Maryland Montgomery County

PO Box 1809 Rockville MD 20849

### FOR MORE INFORMATION CONTACT:

1-888-924-6965 Hotline

1-888-662-6265 Office Voicemail

Area Director: [director@somdmontgomery.org](mailto:director@somdmontgomery.org)

### CELEBRATE the Champion in us all!

Find out about sponsorship opportunities or make a donation to honor a special person or event. Check our website for details.

[www.somdmontgomery.org](http://www.somdmontgomery.org)

United Way and

Combined Federal Campaign donations

can be made by writing in:

Special Olympics MD-Montgomery.



<http://www.facebook.com/somdmno/>

**Special Olympics**  
**Maryland**  
Montgomery County

**MONTGOMERY  
COUNTY**  
SPECIAL OLYMPICS  
MARYLAND



*Carry the Special Olympic Torch*



*Celebrate the Champion in us all!*

Created by the Joseph P. Kennedy Foundation  
Authorized and Accredited by Special Olympics, Inc  
for the benefit of persons with intellectual disabilities

# MONTGOMERY COUNTY SPECIAL OLYMPICS MARYLAND



## Mission

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 friendships with their families, other Special Olympics athletes and the community.

## Vision

The vision of Special Olympics Maryland is to be the leader in lifelong and Unified Sports programs for individuals with intellectual disabilities, empowering athletes to be valued members of their community and respected members of society.

## Values

- ◆ Community
- ◆ Friendships for Life
- ◆ Integrity by "doing the right thing"
- ◆ Opportunity to excel
- ◆ Quality in all we do
- ◆ Sportsmanship and fairness to all

## Athlete Leadership Programs

Athlete training and leadership opportunities as Global Messengers and leaders on and off the field of play.

## Sports Training in SOMO

### Fall Season:

- ◆ 10 Pin Bowling
- ◆ Cross Country Running
- ◆ Golf
- ◆ Cycling
- ◆ Powerlifting
- ◆ Soccer
- ◆ Tennis
- ◆ TOPSoccer Youth Soccer
- ◆ YAP TOPSoccer
- ◆ Beyond JOY Cheer Outreach

### Winter Season:

- ◆ Alpine Ski
- ◆ Cross Country Ski
- ◆ Snowshoe
- ◆ Basketball
- ◆ Dance Team Pre-season
- ◆ YAP Basketball

### Spring Season:

- ◆ Aquatics (Swim Team)
- ◆ Dance
- ◆ Softball
- ◆ YAP Athletics (Track and Field)
- ◆ Bocce
- ◆ Cheer
- ◆ 10 Pin Bowling - Recreational season

## SOMO YAP



Special Olympics Maryland Young Athletes (YAP) is a sport and play program for children with intellectual disabilities, ages 3 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Young Athletes offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children.

SOMO YAP programs are offered in all 3 sports seasons: TOPSoccer in the fall, Basketball in the winter, and Track and Field in the spring. Program details and "How to sign up" are on our website: [somidmontgomery.org](http://somidmontgomery.org)

## Volunteers

Hundreds of volunteers make our local programs possible. Volunteers are the lifeblood of Special Olympics Maryland – Montgomery County. They serve as coaches, officials, trainers, "program administrators, and in a variety of other valuable roles. Whether they contribute a few hours or 30 years, our volunteers make the difference in Special Olympics. Orientation and training courses are provided for volunteers and coaches who want to assist athletes.

There are many ways to help.

- ◆ Coach an athlete or assist coaches for a sport season
- ◆ Assist at one-time events such as tournaments, regional competitions or fundraisers
- ◆ Inspiration WALK/RUN and FIT-FUN
- ◆ Support or Volunteer in the Annual Montgomery Masters Golf Tournament
- ◆ Help organize local or state level events
- ◆ Volunteer your professional skills

## Unified Sports®

Unified Sports is a team experience that combines approximately equal numbers of athletes with and without intellectual disabilities and/or closely related developmental disabilities, of similar age and ability. The Unified Sports concept may be included in our Athletics, Basketball, Bocce, Golf, Sailing, Soccer, and Skiing Programs. Unified Sports broadens the scope of athletic competition for athletes and spectators. The program facilitates inclusion of Special Olympics athletes throughout the community. Unified Sports is now a component of the MCPS High School Corollary Sports Program.

Celebrate the Champion in us all!