



Special Olympics Southern California enriches the lives of people with intellectual disabilities through sports, health, and leadership programs.

Through the power of sports, athletes become more independent, build self-esteem, and live healthier lives. They inspire people to open their hearts and create more accepting and inclusive communities.

All Special Olympics programs are free to the athletes and their families.

## PROGRAMS

- **Community Program** - Year-round sports training and competitions for athletes ages 8 and up.
- **Schools Program** - Uses Unified strategies to promote inclusion, leadership, and engagement of all students, empowering them to be change agents in their communities.
- **Healthy Athletes** - Provides free health screenings in a fun, welcoming environment.
- **Fit5** - Program to improve health through physical activity, nutrition, and hydration.
- **Unified Sports** - Brings individuals with & without intellectual disabilities together to train & compete as teammates.
- **Athlete Leadership Programs** - Athletes help guide the movement and become spokespeople for people with intellectual disabilities.
- **Young Athletes** - Helping children ages 2-7 develop motor, social, and cognitive skills.

**LEARN MORE: [WWW.SOSC.ORG](http://WWW.SOSC.ORG)**



## 12 SPORTS

FEB. - JUNE



Athletics



Basketball



Bocce



Flag Football



Swimming

JUNE - AUG.



Bowling

AUG. - NOV.



Golf



Soccer



Softball



Tennis



Volleyball

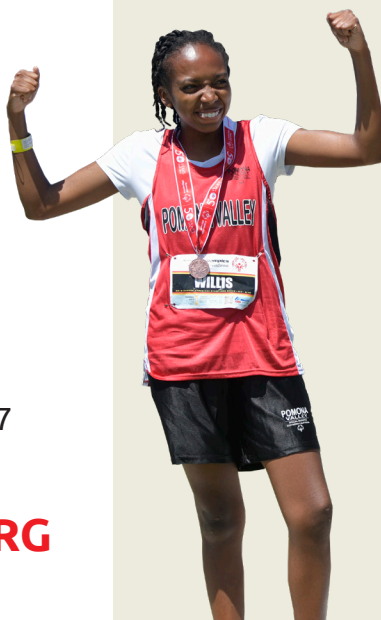
NOV. - MAR.



Floorball

## LIFE CHANGING IMPACT

- Touches 1 in 6 families
- Athletes are twice as likely to be employed and live independently
- Participating Schools see a 94% reduction in bullying, teasing, and offensive language





Special Olympics Southern California offers programming from San Luis Obispo County to San Diego County

**Inland Empire**

[www.sosc.org/inlandempire](http://www.sosc.org/inlandempire)

**Kern + Inyo County**

[www.sosc.org/kerncounty](http://www.sosc.org/kerncounty)

**Los Angeles County**

[www.sosc.org/lacounty](http://www.sosc.org/lacounty)

**Orange County**

[www.sosc.org/orangecounty](http://www.sosc.org/orangecounty)

**San Diego County**

[www.sosc.org/sandiego](http://www.sosc.org/sandiego)

**San Luis Obispo County**

[www.sosc.org/sloc](http://www.sosc.org/sloc)

**Santa Barbara County**

[www.sosc.org/santabarbara](http://www.sosc.org/santabarbara)

**Ventura County**

[www.sosc.org/ventura](http://www.sosc.org/ventura)



**GET INVOLVED**

- BECOME AN ATHLETE
- VOLUNTEER / BECOME A COACH
- DONATE
- SIGN UP AS A SPONSOR

**LEARN MORE AT [WWW.SOSC.ORG](http://WWW.SOSC.ORG)**

**THANK YOU  
TO OUR PARTNERS**

