



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 offered at no cost to athletes or their families.

PROGRAMS

- **Sports and Competitions** - Year-round sports training and competitions for athletes ages 8 and up.
- **Unified Champion Schools®** - 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



12 SPORTS

FEB - JUNE



Athletics



Basketball



Bocce



Flag Football



Swimming



Bowling

JUNE - AUG.

SEPT. - NOV.



Golf



Soccer



Softball



Tennis



Volleyball

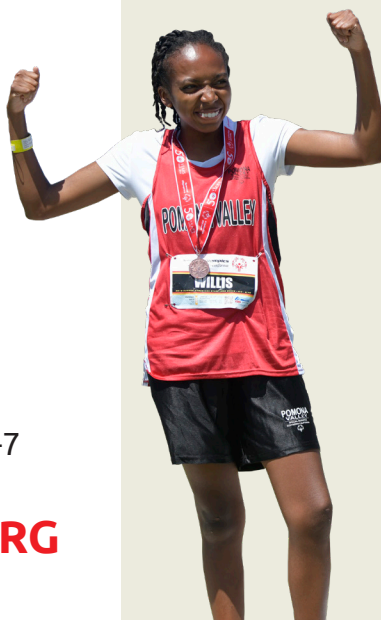


Floorball

NOV. - FEB.

LIFE-CHANGING IMPACT

- 1 in 6 families is touched by Special Olympics across the US
- Athletes are twice as likely to be employed and live independently
- 94% of Unified Champion Schools liaisons reported reduced bullying, teasing, and offensive language





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

- **Region 1:** San Luis Obispo, Santa Barbara, & Ventura Counties
www.sosc.org/region1
- **Region 2:** Los Angeles, Kern, & Inyo Counties
www.sosc.org/region2
- **Region 3:** Riverside & San Bernardino Counties
www.sosc.org/region3
- **Region 4:** Orange County
www.sosc.org/region4
- **Region 5:** San Diego & Imperial Counties
www.sosc.org/region5



GET INVOLVED

- Become an Athlete / Unified Partner
- Volunteer / Become a Coach
- Join or Help Develop a Local Program
- Learn more Ways to Support

VISIT: WWW.SOSC.ORG

**THANK YOU
TO OUR PARTNERS**

