

SPECIAL OLYMPICS DELAWARE OFFERS SPORTS YEAR-ROUND

SPRING

Training: March-May

- Aquatics
- Bocce
- Powerlifting
- Softball
- Tennis
- Track & Field

SUMMER

Training: July-September

- Bowling
- Cycling
- Golf

FALL

Training: August-October

- Bocce
- Flag Football
- Long-Distance Running/Walking
- Soccer

WINTER

Training: October-March

- Basketball
- Figure Skating
- Nordic Skiing
- Snowshoeing

SPORTS PROGRAMS OFFERED

- Team and Individual Sports
- Individual Skills Events
- Unified Sports
- Motor Activities Training Program (MATP)
- Young Athletes

COMPETITIONS

- State Competitions
- Mid-Season Qualifiers
- National + World Games Opportunities

ADDITIONAL OPPORTUNITIES

- Sports Clinics
- Virtual Fitness
- Healthy Athletes Initiatives
- Athlete Leadership Program
- Annual Summer Camp



PROGRAM INFORMATION



Changing attitudes. Changing lives.

Explore opportunities to participate in Special Olympics Delaware's sports programs.

“ No matter the age or skill level, Special Olympics focuses on quality sports training, sportsmanship, health and wellness, and personal achievement. **”**



ADDRESS

619 S. College Avenue
Newark, DE 19716



PHONE & FAX

Phone (302) 831-4653
Fax (302) 831-3483



ONLINE

Email: info@sode.org
Visit our website at www.sode.org



**Special
Olympics
Delaware**



WWW.SODE.ORG

ABOUT SPECIAL OLYMPICS DELAWARE

Special Olympics changes lives through the power of sport by encouraging and empowering people with intellectual disabilities, promoting acceptance for all, and fostering communities of understanding and respect worldwide.

DID YOU KNOW? Special Olympics athletes can participate in BOTH school-based and community-based Area programs. There is no fee to join and participate.



Ways to be involved

YOUNG ATHLETES
Ages 2-7

ELEMENTARY SCHOOL
Ages 5-12

Does your school provide a Unified Sports program?

MIDDLE SCHOOL
Ages 12-15

HIGH SCHOOL
Ages 15-21

COLLEGE

Is your College part of Campuses of Inclusion?

Be a part of Unified and/or community teams!

BE A PART OF THE SPECIAL OLYMPICS DELAWARE COMMUNITY PROGRAMS - No matter your age, we can't wait for you to join the team!

Special Olympics Delaware (SODE) serves more than 4,200 athletes throughout the state and provides year-round sports training and athletic competition for children and adults with intellectual disabilities.

SODE has opportunities for athletes of ALL ability levels to participate year-round. Offering community-based sports opportunities in five (5) Area Programs (listed below) throughout the state. Each Area Program hosts sports opportunities within its geographical boundaries and seasonally competes against "rival" Area Teams.

SODE'S FIVE AREA PROGRAM TEAMS

- 1) Wilmington Wizards
- 2) Newark Dragons
- 3) MOT Tigers
- 4) Kent Wild Kats
- 5) Sussex Riptide



AGES 2-7: YOUNG ATHLETES

Special Olympics Young Athletes is an innovative sports play program for children ages 2 - 7 and is designed to introduce young children with intellectual disabilities, their peers and their families to the world of Special Olympics. Young Athletes is available in all 5 Area Programs.

AGES 8 AND OLDER: SPORT OPPORTUNITIES

Individuals with intellectual disabilities ages 8 and older are eligible to train and compete in Special Olympics Delaware's school and/or community sports programs. No matter the ability or skill level, Special Olympics Delaware has something for every person with intellectual or developmental disabilities.

For more information about enrolling in Young Athletes or in any sports offered year-round through our community-based programs, please contact info@sode.org or call 302.831.4653.



Special Olympics
Delaware

INVOLVEMENT AFTER HIGH SCHOOL

Any Special Olympics Delaware student or athlete who is approaching high school graduation, but not already involved in a community program, is encouraged to participate and experience SODE sport programming. Joining a community Area Program provides the following:

- Improves fitness and avoids a sedentary lifestyle
- Nourishes friendships and family relationships
- Raises self-confidence
- Strengthens teamwork
- Provides skills for independent living
- Improves social interactions and quality of life

JOINING AS AN ADULT

All too often families are unaware of the sport opportunities that are available through Special Olympics for adults. By joining an Area Team within their community, athletes are provided the opportunity to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills, socialization, and friendship. There is **no upper age limit or cost** to participate.