



**Special
Olympics**
Washington

Summer Games

Young Athletes™ Experience

August 17, 2019 @ 10:30am

Come join the movement and see what Special Olympics Young Athletes is all about! All children ages 2-7 are invited to participate in FREE activities to learn about Young Athletes during Summer Games at Kasch Park in Everett on August 17th. Activities include a Young Athletes Experience followed by a My First Sport Experience in t-ball

Young Athletes™ (YA) is an inclusive sports program for children 2 -7 with and without intellectual disabilities. It's comprised of research based activities that build social and motor skills while engaging young children of all abilities. Studies have shown that 7 months of motor skill development is possible after just one eight week program. <http://specialolympicswashington.org/young-athletes/>

The day begins with an experience which includes rotations through activities from the eight week Young Athletes program. Following the experience, the My First Sport Experience introduces children to the world of Special Olympics competition, when children play t-ball and participate in an informal lesson/game. Each child will receive a certificate for participating. Register at <https://goo.gl/forms/QGm8Sel6R7hLEETB2>.

EXPERIENCE DETAILS:

- 10:15- 10:30am: Check-In and Waivers
- 10:30- 10:40am: Opening Circle, Introductions, and Stretches
- 10:40-11:10am: Station Rotations (throwing, kicking, balance, striking, etc.)
- 11:15 11:35am: My First Sports Experience (t-ball)
- 11:35-11:45am: Closing Circle and Awards
- **NOTE:** Space is limited!

For additional information about Special Olympics Young Athletes or Special Olympics programming, please contact Morgan Larche, Director of Unified Schools, at 206-693-2616 or mlarche@sowa.org.