

2023 YEAR IN REVIEW

IMPACT REPORT

Special Olympics Washington is the leader in sports, inclusive health, and community building, empowering children and adults with intellectual and developmental disabilities to be valued on and off the playing field.

**Special
Olympics**
Washington



It's all possible thanks to generous supporters like you! We are deeply grateful for your efforts and humbled by your generosity. Because of you, we can continue to provide opportunities for our athletes and further our mission to build inclusive communities with and for people with intellectual and developmental disabilities.





A Letter From Our President and CEO

Dear Friends of Special Olympics Washington,

As I reflect on 2023, I am incredibly proud of all that we accomplished together. This year was a powerful reminder of what is possible when people come together with a shared commitment to inclusion, access, and opportunity. Across Washington, we saw athletes reach new heights, programs expand into new communities, and partners step up to champion our mission in meaningful ways.

Thanks to your support, Special Olympics Washington provided thousands of athletes with life-changing opportunities in sport, health, and education. We strengthened our year-round programming, supported Unified Champion Schools in fostering inclusive environments, and expanded access to health resources that help athletes thrive both on and off the field. These are not just program milestones, they are personal victories for every athlete who felt seen, valued, and empowered.

What continues to inspire me most is the spirit of our athletes. Their courage, determination, and joy fuel everything we do. Whether competing, advocating, or leading within their communities, they show us what inclusion truly looks like in action. And behind each of them is a network of families, coaches, volunteers, staff, and supporters who make it all possible.

Looking ahead, we remain focused on building a more inclusive and equitable future. Our work is far from over, but I am more confident than ever in the strength of this movement and the people who carry it forward.

Thank you for being part of our community and for believing in the power of inclusion.



With Endless Gratitude And Warmest Regards,

MARY DO

*President & CEO
Special Olympics Washington*

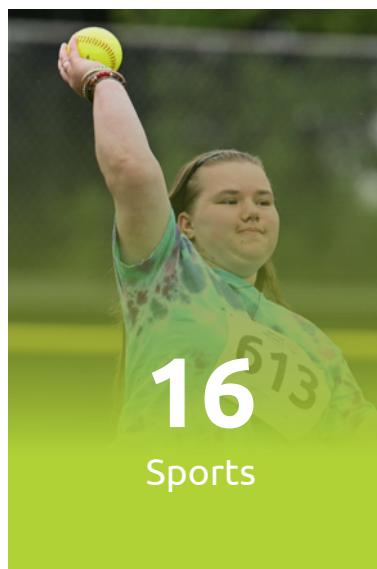


Sports & Competition

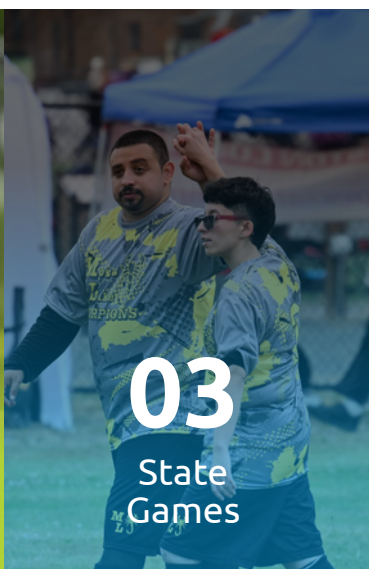
2023 celebrates a full year of transformative sports training and athletic competition for individuals with intellectual and developmental disabilities. Through a variety of **Olympic-type sports**, participants found ongoing opportunities to develop physical fitness, demonstrate courage, experience the sheer joy of competition, and engage in a sharing of gifts, skills and friendship throughout **Washington State**.

12,175
Athletes and Unified
Partners

8,092
Volunteers
helped bring our mission to life



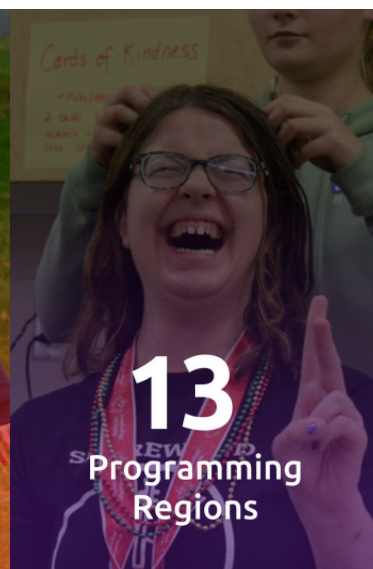
16
Sports



03
State
Games



63
Regional
Tournaments



13
Programming
Regions

UNIFIED CHAMPION SCHOOLS

The Special Olympics Unified Champion Schools program promotes social inclusion through intentionally planned and implemented activities affecting systems-wide change in K–12 schools and across college campuses. With sports as the foundation, the three-component model offers a unique combination of effective activities that equip young people with tools and training to create sports, classroom and school climates of acceptance.

Together we are creating a Unified Generation that **Chooses to Include**.

Add this impactful QUOTE somewhere on the page: Unified Champion Schools (UCS) has made a huge impact on our school community. When I began my journey with UCS 6 years ago, the opportunities for our students with disabilities were minimal, nothing compared to the opportunities provided to other typically developing peers. Now, every day when I walk through the halls of Skyview, I see 2000 students embracing each other's differences, demonstrating the power of inclusion. - Julie Graves, Skyview High School Teacher

3 Components:



Whole School
Awareness and
Involvement



Inclusive
Youth
Leadership



Inclusive
Sports

Number of Unified
Champion Schools:

131

Number of Unified
Champion Schools Colleges

03

Special Olympics Washington-
Organized Unified Champion
Schools Competitions:

27

Unified Coaches Trained and
Certified in Unified Sports

61

Teachers Trained in Special
Olympics Unified Champion
Schools Activities:

748

School-based Unified
Sports Athletes:

1,964

School-based Unified
Sports Partners:

3,266

**Please note that all numbers below reflect the 2022-2023 school year, Unified Champion Schools does not operate on the calendar year.*

Healthy Athletes

To ensure that athletes are performing at their best on and off the playing fields, Special Olympics Washington offers health examinations for all athletes through its Healthy Athletes program. From dental examinations to podiatric screenings, all Healthy Athletes screenings are free to athletes and are done in a fun, welcoming environment that removes the anxiety and trepidation people with intellectual and developmental disabilities often experience when faced with a visit to a medical professional. The Healthy Athletes screening is open to all Special Olympics athletes.



11

State and Regional
Screening events

606

Total
Screenings

262

Athletes Trained as
Health Messengers

262

Health Professionals, Students
and Providers Trained in Inclusive
Health and Fitness

7 Health Disciplines Offered in 2023

- Health Promotion
- Special Smiles
- MedFest
- Fit Feet
- Healthy Hearing
- FUNFitness
- Opening Eyes



471

Youth and adults with and without
intellectual and developmental
disabilities participating in ongoing
fitness programs

"After completing the training, I came to realize how crucial it is to acknowledge that patients are the experts on their own bodies. It's just as vital to treat individuals with intellectual and developmental disabilities as people, not just focusing on their disabilities."

– Inclusive Health Training Participant, Nursing Student,
University of Washington



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 Peninsula Truck Lines
 Pershing Advisor Solutions LLC
 Pingrey Motor Company Inc- Ford

Piranha Blonde Interactive/Trucktoberfest
 Police Officers Fund
 Ratelco Properties Corporation
 RBC Wealth Management Foundation
 Renaissance Charitable Foundation
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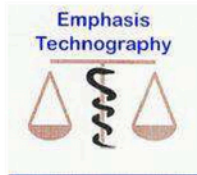
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Washington



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