



## Special Olympics Washington

***Builds Communities and Leads in Wellness through Sports and Inclusion***

Through sports, Special Olympics Athletes develop improved physical fitness and motor skills, greater self-confidence and a more positive self-image. Our athletes are five times more likely to hold a job than their peers who do not participate in our athletic training programs. The intellectually disabled (ID) community is the world's largest disability population.

### **MISSION**

Special Olympics Washington provides year-round sports training and athletic competition in a variety of Olympic type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

### **LOCAL AREAS & FUNDING**

Special Olympics Washington serves the entire state of Washington with 10 local areas. Each area is supported by a team of dedicated volunteers who manage local fundraising, athletic events, athlete support and more. Through peer-to-peer fundraising, local events, team sponsorships, and more, donors are able to help athletes in their own community participate in a variety of sports leadership and wellness opportunities. Special Olympics Washington is a registered 501(c)(3) non-profit organization supported entirely by individual, corporate and foundation contributions.

### **PARTICIPATION**

Athletes participate at no cost to themselves or their families because of generous donors. Persons with intellectual disabilities, regardless of ability level, may participate in sports and other programs offered by Special Olympics Washington. Individuals are eligible for training and competition at age eight and there is no upper age limit. Competition takes place at local, regional and state tournaments. Individuals and teams compete in divisions according to age, gender and ability.

- **17,500 Special Olympics Washington athletes**
- **29 Olympic-type sports**
- **10,000 coaches, volunteers & Unified Partners**

**UNIFIED SPORTS** Athletes with intellectual disabilities pair with persons without disabilities and form teams for training and competition.

**HEALTHY ATHLETES** Special Olympics athletes are provided opportunities to improve health and fitness through dental, vision, hearing, feet and general health screenings at no cost.

**YOUNG ATHLETES** An innovative sports play program, designed for early childhood intervention, seeks to strengthen self-esteem and physical development for children with ID ages 2-7 years old.

Special Olympics Washington

1809 7th Ave, Suite 1509, Seattle, WA 98101

Phone (206) 362-4949

info@sowa.org

[specialolympicswashington.org](http://specialolympicswashington.org)

Special Olympics Washington is registered 501(c)(3) charitable organization. EIN (91-0962383)