



Special Olympics
Ireland

Fun | Pride | Fair Play
Friendship | Confidence
Achievement | Health



supported by:



**Northern Ireland
Executive**
www.northernireland.gov.uk





When you have an intellectual disability so many questions need to be answered

- Will I fit in?
- Will I make friends?
- Can I achieve?
- Can I be successful?

The answer is yes I can and will with the help of Special Olympics.

Change your life today.

What is Special Olympics?

Special Olympics is a sports training and competition programme for people with an intellectual disability.

There are over 400 clubs across the whole island of Ireland training over 11,000 athletes supported by dedicated teams of registered volunteers.

With 14 official sports on offer, athletes can train regularly in their chosen sport and participate in a range of competition opportunities including Inter Club, leagues, area, regional and all Ireland events.

Benefits of Special Olympics?

- Getting healthy and more fit
- Learning fair play and good sportsmanship
- Learning respect for others
- Improving confidence and self esteem
- Learning to problem solve
- Sharing in achievements
- Learning to cooperate with others
- Being part of a team
- It's also about fun & friendship!

What sports are on offer?

Alpine Skiing, Athletics, Aquatics, Badminton, Basketball, Bocce, Bowling, Equestrian, Football, Floorball, Golf, Gymnastics, Pitch and Putt, Table Tennis and a Motor Activities Training Programme.

There are other opportunities to become involved including the Athlete Leadership Programme (ALPs), Family support at your Club or event, Health Promotion and Volunteer Programme.

Who can join?.

Anybody with a recognised intellectual disability can join a Special Olympics club and start training from 6 years of age. From age 8 they can begin competing in Special Olympics events and there is no upper age limit.

Special Olympics Changes Lives.

By getting involved you can change YOUR life in so many ways. So what are you waiting for? Contact Special Olympics in your area today and see what is on offer for you to begin participating in the programme.

If you have any questions or would like more information visit our website at

WWW.SPECIALOLYMPICS.IE

or contact:


