

## **How to start an in-house Special Olympics activity: Get Into Our Game**

**Step 1:** Complete Get Into Our Game Training Program Registration Form and the Get Into Our Game Roster Form and submit them to the Special Olympics New Jersey. (Attn: Education and Outreach Department, 3 Princess Rd. Lawrenceville, NJ 08648).

**Step 2:** Register participants: (all participants are required to complete an Application for Participation.)

**Option 1:** Send home Applications for Participation Form. The Form requires a parent/guardian signature and a sport physical, to be done by a physician. Note: The school physician can do the sport physical during the school day

**Option 2:** Send home the Application for Participation for a parent and/or guardian signature. Attend the Special Olympics New Jersey MedFest. The MedFest is a Special Olympics New Jersey event where we will provide the venue and doctors (from The New Jersey Academy of Family Physicians) to give free sports physicals. This option would require a field trip to the Special Olympics New Jersey Sports Complex.

**Step 3:** Once registration forms are completed (Local Training Program Registration Form, Get Into Our Game Roster Form, and Individual Athlete Application for Participation) send them to Special Olympics New Jersey and receive your free Get Into Out Games programs material.

- You will receive: Basketballs, soccer balls, softballs, cones, posters, stickers, dry, erase markers, clipboards, stopwatches, bags, T-shirts for the students, and a comprehensive sports-skills curriculum for Basketball, Soccer and Track & Field. The curriculum includes sports skills, adapted activities, strategies for inclusion, wheelchair modifications and a nutrition section.
- Use the Get Into Our Game program in conjunction with you existing Physical Education program.

**Step 4:** Create one, two, three or multiple in-house culminating activities for the athletes to participate in during the day. These events should be run during the school day and a Special Olympics New Jersey Staff member will be available as a resource.

**Suggestions for Soccer:** Individual Skill Contests, 2 vs. 2 tournaments, Unified 2 vs. 2 tournaments, 3 vs. 3 tournaments, Unified 3 vs. 3 tournaments, 5 vs. 5 tournaments, Unified 5 vs. 5 tournaments or anything else you can think of!

**Suggestions for Basketball:** Individual Skill Contests, 2 vs. 2 tournaments, Unified 2 vs. 2 tournaments, 3 vs. 3 tournaments, Unified 3 vs. 3 tournaments, full team ½ court tournaments, or any other fun activity you can think of!

**Suggestions for Track & Field:** Individual Skills Contests, races, relays, Unified relays, field events (long jumps, softball throw, high jump, etc.).

**(The term Unified refers to individuals with and without disabilities competing together. If you have a Unified class, the Unified Partners will fill out a separate form. They DO NOT need to fill out the Athlete Participation Form).**

**Step 5:** More possibilities in Special Olympics.

**Option 1:** Set-up larger event (tournament, competition, field day, etc.) featuring entire school population and/or other schools in the community running the in-house Get Into Our Game program. Again, a Special Olympics New Jersey staff member will provide resource assistance to help you facilitate this type of event.

**Option 2:** Call the Special Olympics New Jersey office and register for the “How to become a Special Olympics Coach” course. (This course will count toward your professional education credits).

**Option 3:** Even if you are not interested in the taking the ambitious next steps; all of your registered athletes have the ability to identify and participate on existing Local Training Programs that are in training for competition throughout the stage. Registered athletes can transition from in-house programs to a competing Local Training Program in the community. Please call Special Olympics New Jersey and we will identify Local Training Programs in that athlete’s area, which that athlete can contact for training and competition opportunities!

**If you have any questions, please contact the Special Olympics New Jersey office at (609) 896-8000.**