

GET TO KNOW

**Special
Olympics**
New Jersey



MISSION:

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

VISION:

Special Olympics New Jersey will foster inclusive communities for people with and without intellectual disabilities through innovative sport, health, wellness and leadership opportunities for Special Olympics athletes, their families and society as a whole.

PROGRAM INITIATIVES:

- **Sports education, training and competition** offers athletes the opportunity to participate in more than 260 year-round sports events.
- **Unified Sports®** joins people with and without disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.
- **Athlete Leadership** empowers athletes to explore opportunities for greater participation beyond sports training and competition, including coach and referee training, as well as serving on committees and spokespeople.
- **Young Athletes** is an inclusive sports play program for children ages 2 through 7 that prepares them for future participation in sports while improving gross motor, social and cognitive skills.
- **Healthy Athletes®** is dedicated to providing education and free screenings in seven health disciplines to athletes while changing the way future healthcare professionals interact with people with intellectual disabilities.
- **Camp Shriver** enhances sports skills while teaching athletes about overall health and fitness.
- **Unified Champion Schools** promotes a socially inclusive school climate where acceptance, respect and human dignity for all students is the norm through inclusive sports, youth leadership and whole school engagement. SONJ offers opportunities from the Pre-K Level through college.

SPORTS AVAILABLE IN NEW JERSEY

FALL

Cycling
Equestrian
Flag Football
Golf
Soccer
Triathlon

WINTER

Alpine Skiing
Cross-Country Skiing
Floor Hockey
Figure Skating
Snowboarding
Snowshoeing
Speed Skating
Volleyball

SPRING

Basketball
Bowling

SUMMER

Bocce
Gymnastics
Powerlifting
Softball
Swimming
Track & Field
Tennis

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