

# 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

### 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