

# Special Olympics North Carolina Young Athletes

Young Athletes is an innovative sports play program for children with and without intellectual disabilities, designed to introduce them to the world of sports.

## Frequently Asked Questions:

### How can I start this program at my school?

Fit this program into school day activities or after-school programming by using our easy to follow, weekly curriculum.

### How much will it cost our school?

The Young Athletes program is completely free of charge as a Project UNIFY school. You simply need a place to run the program (gym, large classroom, outdoor field, etc.) and a staff member passionate about sports and inclusion to serve as a coach!

### What supplies do we use?

A kit full of fun sports equipment and training materials are all provided by Special Olympics North Carolina and Project UNIFY.

### What is the benefit to our school and our students?

Building a school community of acceptance and welcoming for people of all abilities improves the life and experience of all students. This program helps unite students with and without disabilities as they find a common ground in the joy of sports and play, now and as they grow older.



Special Olympics  
Young Athletes

## It's never too *early* to learn *inclusion*.

What better way to bring your special needs students and your traditional students together to learn skills that will go into their eventual sports participation? Whether as a Special Olympics athlete or Unified partner, Young Athletes helps prepare children for the next step they take in their sports participation.

### Curriculum focuses include:

Foundational skills	Striking
Balance & jumping	Kicking
Walking & running	Trapping & catching
Throwing	Advanced skills

### For more information contact:

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