



YOUNG ATHLETES PROGRAM

History

With emphasis on training and participation through activities and play, rather than competition, the Young Athletes Program provides children ages 2-7 with gross motor skills training, group interaction and socialization opportunities. These basic skills will prepare the Young Athletes for future participation in Special Olympics sports. The Young Athletes Program has officially replaced the Play Activities Program.

Programs Currently Offering Young Athlete Program

Eastern Region- Alamance, Beaufort/Hyde, Carteret, Halifax, Hertford, Greene, Onslow, Durham, Johnston, Nash, New Hanover, Orange, Pender, Wake, Wilson

Western Region- Buncombe, Cabarrus, Clay, Cleveland, Davidson, Davie, Forsyth, Guilford/Greensboro, Guilford/High Point, Henderson, Jackson, Mecklenburg, Mitchell, Moore, Randolph, Rockingham, Surry, Union, Wilkes, Yadkin, Yancey.

Benefits of Participation

- Increases a young child's strength and coordination in preparation for sports participation.
- Introduces young children to group play, cooperation and awareness of rules.
- Focus placed on socialization, interaction and fun.
- Teaches "everyday" skills
- Fosters family interaction
- Provides an opportunity for younger participants that are not eligible for Special Olympics sports

Basic Skill Areas

- Foundational skills (warm ups, eye/hand coordinator, and gross motor skills)
- Walking & Running
- Balance & Jumping
- Trapping & Catching
- Throwing
- Striking
- Kicking
- Advanced skills