

# Fact Sheet

Special Olympics  
North Carolina



## Special Olympics Mission

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

### How to get involved

**Volunteer:** Volunteers are needed year round in a variety of roles including coach, fund raiser, day-of-event volunteer, office assistant or local program committee member.

**Donate:** Special Olympics athletes are never charged a fee to participate. All expenses are paid for through generous donations of funds or services from individuals and businesses.

**Be a Unified partner:** Unified Sports is an inclusive sports program that combines an approximately equal number of Special Olympics athletes (individuals with intellectual disabilities) and Unified Partners (individuals without intellectual disabilities) on teams for training and competition.

### Sports in NC

- Alpine skiing
- Athletics
- Basketball
- Bocce
- Bowling
- Cheerleading
- Cycling
- Equestrian
- Figure skating
- Golf
- Gymnastics
- Powerlifting
- Rollerskating
- Snowboarding
- Soccer
- Softball
- Speed skating
- Swimming
- Tennis
- Volleyball

**39,906**

Athletes

**20**

Sports Offered



## About Special Olympics North Carolina

**5**

State-level competitions



**1,450**

Coaches



**657**

Unified Champion Schools



**63**

Live, virtual fitness opportunities offered



## Special Olympics NC state-level events

SONC Summer Games	June 1-3, 2023
SONC Equestrian Tournament	October 7-9, 2022
SONC Fall Tournament	November 10-12, 2022
SONC Winter Games - Alpine Skiing & Snowboarding	January 2023
SONC Cheerleading Tournament	March 2023

To learn more about Special Olympics North Carolina, visit:  
[www.sonc.net](http://www.sonc.net)