

SONC Unified Track & Field Guidelines for Athletic Departments

Special Olympics
North Carolina



Overview: Unified Track & Field

The Special Olympics North Carolina (SONC) Unified track and field program is an interscholastic sport program that combines students with and without intellectual disabilities. In partnership with the North Carolina High School Association (NCHSAA), Special Olympics North Carolina continues to grow Unified track and field throughout the state.

SONC Expectations

To have a successful season, Unified track coaches and Athletic Directors should work closely together to give athlete's and Unified partners an unforgettable experience. Coaches should keep AD's up to date on events, challenges, etc. Unified coaches should also build a relationship with varsity track coaches to help make scheduling meets a simple process. Also, work together to help us expand the program to more schools across North Carolina!

Unified Track & Field Coaches Role

- Hold practice after school 2-3 times per week.
- Attend at least two dual meetings per season.
- Submit all NCHSAA physicals to Athletic Director before the first day of practice.
- Work with Athletic Director and Varsity track coach to ensure program is run according to school athletics standard.
- Adhere to Coach Memo of Understanding.

Varsity Track Coach

- Work with Unified track & field coach and Athletic Director to schedule practices.
- Share the track and field areas for practices.
- Include the Unified track & field team in regular season meets where applicable.
- Provide support where possible to ensure that the Unified track & field team is an extension of the track team.

Athletic Director's Role

- Support Inclusion within the Athletic Department by supporting the Unified track & field team.
- Collect all NCHSAA physicals.
- Provide support with transportation to/from meets, school approved uniforms, and equipment.
- Recruit a Unified track & field coach and assign to promote the program.
- Spread the word about the program amongst peers to support the growth of inclusion in Athletic Departments.

What Special Olympics North Carolina can provide:

- Limited assistance with uniforms.
- Limited assistance with transportation.
- Limited equipment (shot puts, batons, stop watches, etc.)
- Coach training's
- We WILL work with you to help make this program possible at your school!

Questions? Contact the Special Olympics North Carolina Unified Track Manager at hmiller@sonc.net