

Fun
Fair play **Pride**
Confidence Health
Friendship
Achievement



Special Olympics
Ireland

a place for everyone!



When you have a child with a learning disability, so many questions need to be answered:

Will they fit in?

Will they make friends?

Can they achieve?

Can they be successful?

The answer is yes, they can and will with the help of Special Olympics Ireland.

What is Special Olympics Ireland?

Special Olympics is a sports training and competition programme for people with an intellectual disability. There are over 400 **clubs** across the whole island of Ireland **training** over 11,000 **athletes** helped by 18,000 **volunteers**. With 12 official **sports** on offer, athletes can train **regularly** in their chosen sport and progress to compete at area, regional, all Ireland and international **events**.

Benefits of Special Olympics Ireland?

- Getting **fit** and **healthy**
- Learning **fair play** & **good sportsmanship**
- Learning **respect** for others
- Improving **confidence** and **self esteem**
- Learning to **problem solve**
- **Sharing** in achievements
- Learning to **cooperate** with others
- Being part of a **team**
- But most of all, it's about **fun & friendship!**

What activities are on offer?

Alpine Skiing, Athletics, Aquatics, Badminton, Basketball, Bocce, Bowling, Equestrian, Football, Golf, Gymnastics, Table Tennis and a Motor Activities Training Programme.

There is also a range of programmes offering support services such as the Athlete Leadership Programme (ALPs), the Family Support Programme, Healthy Athlete and the Volunteer Programme.

Who can join?

Anybody with a recognised intellectual disability can start training from **6** years of age, and begin competing in Special Olympics events from the age of **8** and there is no upper age limit.

Through Special Olympics, your child can achieve so much; you can cheer their sporting achievements and share your pride with thousands of other families. So what are you waiting for? Contact Special Olympics in your area today and release the potential in your child!

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