



# 2019 Special Olympics World Summer Games

2019 is set to be another busy and exciting year as 91 athletes compete in the World Summer Games in Abu Dhabi next March.

In March of 2019, one of the world's largest sporting events will take place in Abu Dhabi. 7,000 athletes from over 170 countries will demonstrate their incredible courage, unwavering determination and sheer joy at the Special Olympics World Summer Games. This is the first time a World Games has taken place in the MENA region. Running from March 14 - March 21, 2019, the World Games will be the largest sports and humanitarian event anywhere in the world.

Special Olympics Ireland selected 91 athletes to represent Team Ireland at the Games. This is the highest level of competition for our athletes who have worked hard and qualified through area, regional and Ireland Games to gain the honour of representing Team Ireland on the world stage.

These courageous athletes began their Team Ireland training in October this year. The athletes have been getting to know each other through a series of residential and non-residential training sessions aimed at preparing them for competition at the highest level.

In the lead up to the Games, the "Flame of Hope" will visit Ireland in February on its way to the Opening Ceremony in Abu Dhabi. The Flame, carried by the Law Enforcement Torch Run, which is made up of members of An Garda Síochána and the Police Service of Northern Ireland is set to visit former World Games host countries on its way to Abu Dhabi. We are delighted to be included in this prestigious event and look forward to releasing more details in January.

For now, I hope you will join me in supporting our courageous athletes each step of the way as they prepare for the biggest competition of their lives.

You can find out more at [specialolympics.ie/supportanathlete](http://specialolympics.ie/supportanathlete) or follow us online at #TeamIreland #PlayYourPart



SPECIAL OLYMPICS  
**WORLD  
GAMES**  
ABU DHABI 2019

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#TeamIreland

# EDEL ARMSTRONG

*Team Ireland Swimmer*

Edel Armstrong is a busy 23 year old, juggling college, sports, friends and family life. However Edel is not like just any 23 year old. She has an additional challenge to face.

In March 2019 she will dive into a pool at the World Games, representing Team Ireland on the world stage and the hectic training schedule has begun.

But challenge has never been something that Edel or any of her fellow Special Olympics athletes are afraid of and she's proving it by diving head first into her training.

*"Being part of Team Ireland means I will have additional training commitments now. As well as club training with Phoenix Flyers Special Olympics Club two nights a week I will have regular training weekends with the rest of the Team from now right up until the Games in March."*

*We recently caught up with Edel and asked her about her Christmas plans.*

*"I get my holidays from Roslyn Park College on the 21st of December. I usually spend time with my family and cook a traditional Christmas dinner and I love turkey and ham! We play board games on Christmas night and we also visit family and friends. I love the theatre and will be going to a couple of shows. My swimming club will be closed over Christmas but I will be training in my local pool. There is a swimming coach there who is coaching me. I will go to the sales after Christmas with my friends. I will indulge a bit over Christmas but not too much my dad makes me a smoothie every morning and put lots of lovely things into it to keep me healthy."*

