Fun
Fair play
Confidence
Pride
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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