



Everyone Scores with Young Athletes!™

I would like information on how to enroll my child in Young Athletes

Name: _____
Child's Name: _____
Child's Age: _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____



Special Olympics Kansas Mission
Special Olympics Kansas is dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports competitions, health and nutrition programs, and leadership development. Offering year-round initiatives to children and adults with intellectual disabilities, Special Olympics Kansas is a platform for acceptance and inclusion as well as one of the largest advocates for healthy lifestyles in the state – regardless of race, religion, ethnicity or cultural differences.

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Special Olympics Kansas Be a fan..
special young olympics athlete program
Start Early Start Strong!
www.kssso.org



Since the late 1960's Special Olympics has provided opportunities for children and adults with intellectual disabilities, age 8 and up, to participate in sports training and competition. Over the years, children too young to compete had to sit on the sidelines and wait to join the movement.

Special Olympics' newest program, Young Athletes™, serving children 3-7 years of age opens the door for their participation in a program to develop fundamental physical skills at an early age. Created in consultation with the University of Medicine and Dentistry of New Jersey, the activities foster cognitive and social development, muscular strength, hand-eye coordination and balance.



Special Olympics Kansas offers two Young Athletes' programs. The Motor Skills trainings (ages 3 - 4), focus on the development of motor skills and hand-eye coordination. Children 5 - 7 then progress to the Little Feet Program where they learn the application of these physical skills through general fitness and recreational activities.

Building Confidence and Bringing Families Together By:

- Raising awareness about the abilities of children with intellectual disabilities through inclusive peer participation, demonstrations and other events;
- Providing children with intellectual disabilities developmentally appropriate play activities designed to foster physical, cognitive and social development;
- Promoting social development through group activities;
- Developing muscular strength and endurance through repetitions, hand-eye coordination, and balance;
- Providing an experience that will lead to an appreciation of fitness and sport for the whole family;
- Welcoming family members of children with intellectual disabilities to the Special Olympics network of support.



For Families:

Special Olympics Kansas is hosting play opportunities for children 3-7 years old with intellectual disabilities to introduce them to the Young Athlete Program. After attending the Motor Skills Clinic families will be given a complete activity kit along with user-friendly instructions. There is no cost to the family.



For Groups:

The design of this program provides flexibility for the parent, sibling, paraprofessional, teacher, and volunteer to conduct activities. The Young Athlete Program™ is a versatile program designed to be used by parents in the home or in a preschool / school environment, playgroup or one-on-one situation.

Activity List:

1. foundational skills
2. walking & running
3. balance & jumping
4. trapping & catching
5. throwing
6. striking
7. kicking
8. advanced skills

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