



Ashley Spriggs

New Hope Bulldogs

Hometown: Pittsburg

Sports: Powerlifting, Softball, Flag Football, Basketball, Bocce, Skiing, Snowshoeing and Bocce

Other Activities: Played with my team at the SO North America National Softball Invitational and the SO National Flag Football Tournament. Have been selected to be part of the delegation for Special Olympics USA Team at the 2017 World Winter Games in Austria. I will compete in snowshoeing

More About Me: When I joined the New Hope Bulldogs, there were no other girls on any of the team sports. So I had to prove myself to be able to play. I hold the state powerlifting records for my weight class in the Bench Press, Squat and Deadlift. When I started Special Olympics I weighed 296 pounds, but I actively worked with my coaches 5 days a week and lost 110 pounds in 14 months.

Awards/Honors: New Hope Athlete of the Year

Employment: Medicalodges of Frontenac

Future Goals: Continue to help elderly in my job

People I admire: My mom, Coach Lair, John Cena

Groups I have talked to: Summer Games Opening Ceremony Athlete Welcome, Softball/Golf State Games Opening Ceremony, Heartland Winter Games Annual Dinner/Auction.

What being a Global Messenger means: *It's a chance for me to tell my story of Girl Power. I love to talk about Special Olympics.*



Ashley's personal strengths

Achieving

You have more energy and goals than other people. You love a sense of accomplishment.

Relating

You like friendships and keep them for a long time. You widen the circle of friends for yourself and others

Future Thinker

Your mind loves to think and dream about the future. You are a person who thinks about what is possible, not what is impossible.

Global Messengers are Special Olympics Kansas athletes who tell their story and spread the message and vision of the movement. Each messenger completed the StrengthsExplorer® program to identify their personal strengths. Then with 12 hours of classroom training learned speaking skills, and built confidence in their ability to make presentations. Each was required to give a 5-7 minute graduation speech to family and friends. Ashley's personal strengths are reflected above. For more information regarding the Special Olympics Kansas Global Messenger program, or to request a Global Messenger for your event, please contact Public Relations, pr@kssso.org.