



Bekah Henderson

USA Games Sport: *Swimming*

Age: 26

Hometown: *Topeka, Kansas*

Local Team: *Topeka/Shawnee*

Years in Special Olympics: 12

Other Sports: *Bowling, Bocce,
Softball, Volleyball, Basketball,
Cheerleading & Athletics*

"Special Olympics has given me the opportunity to participate in sports that I couldn't do in school. I have gotten to make friends all over the United States. It has changed my life. I am happier and more self-confident."

Bekah volunteers with the Knights of Columbus Tootsie Roll Drive each year. She also participates in the iCareMass with her church, Most Pure Heart of Mary. The iCare Mass is held monthly and provides inclusion for people of differing abilities. Bekah has served as an usher and greeter, and hopes to be a lector in the future. Her Global Messenger training has helped her confidence to speak in front of large groups.

Bekah was the 2012 Big 12 Special Olympics Female Athlete of the Year, and in 2009 named the Most Inspirational Athlete of SOKS Summer Games.

Bekah was lonely and shy, and it was hard for her to make friends. Special Olympics has opened her personality and now she is always busy with friends and sports.

Favorite Fun Facts

- ◆ **Color:** *Pink*
- ◆ **Movie:** *Harry Potter*
- ◆ **TV show:** *WWE Raw*
- ◆ **Food:** *Chinese*
- ◆ **Music:** *Demi Lovato*
- ◆ **Book:** *The Chronicles of Narnia*
- ◆ **Sports Team:** *The Kansas Jayhawks*
- ◆ **Hobby:** *Making Greeting Cards*



**SPECIAL OLYMPICS
USA GAMES**
SEATTLE 2018



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