



2019 - 2020

# SCHOOL PROGRAMS BOOKLET

# Special Olympics Ontario School Programs Overview

Special Olympics Ontario's (SOO) School Programs Team hosts a variety of programs and events throughout the school year. Each program and event is specifically designed to be adaptable and meaningful to student-athletes with an intellectual disability (ID) aged 2 - 21. These programs use sport as a means to empower students to thrive in areas such as:

- **Development of Physical Literacy** - Acquiring the critical fundamental skills that form the foundation of movement and confidence in physical activity.
- **Teamwork and Inclusion** - Embodying the unity and collaboration that sport teaches, and applying those skills to everyday life.
- **Personal Growth** - Attaining the work-ethic, resilience, and passion that goes hand-in-hand with being an athlete.
- **Being Part of a Team** - Accessing the same opportunities as their mainstream peers to experience the comradery and lifelong bonds formed by a team.

SOO strives to implement a model of athletic growth that aligns programmatic progress with desired outcomes:

## PROGRAMMING

**SPORT FESTIVAL**  
Elementary School events incorporate the Active Start and FUNdamental stages of Long-Term Athlete Development (LTAD).

**SCHOOL QUALIFIERS & CHAMPIONSHIPS**  
Secondary School programs provide high-quality competitive opportunities at the local and provincial level.

## OUTCOMES

**PHYSICAL LITERACY**  
Critical foundational skills that form the basics of movement and confidence in physical activity.

**COMPETITION & TEAMWORK**  
The lifelong skills and leadership to thrive in team-based competitive environments both inside and outside of sport.



# Elementary School Programs

## Sport Festival

In the 2019/2020 school year, SOO will continue to utilize Sport Festivals in Elementary Schools to introduce young athletes to the Active Start and FUNdamental levels of the Long-Term Athlete Development model (LTAD). Sport Festivals are a critical entry-point for young athletes to participate in physical activity in a safe and fun environment.



### Active Start Program (Ages 2 - 6)

The Active Start program introduces physical literacy and fundamental movement skills (kicking, running, throwing, balance, etc.) through both structured and unstructured play.

Younger students will benefit from play-based activities, which teach basic skills and build confidence for prolonged participation in sport.

### FUNdamentals (Ages 7 - 12)

The FUNdamentals program provides a platform for building sport-specific skills in a non-competitive environment, without introducing the dynamics of competitive game-play. The focus remains on fun and inclusion.



## The Value of SOO Sport Festivals

Sport Festivals are not only a foundational point to developing young athletes physically, but are also an engaging, approachable, and exciting platform to introduce them to sport.

SOO's Elementary Programs and Resources are an important step towards improving athletic, and eventually competitive skills. Furthermore, they provide character development opportunities, which promote life and social skills extending far beyond sport.



# Secondary School Programs

## Qualifiers & School Championships

Secondary School Qualifiers provide high-quality competitive opportunities to more than 7,000 student-athletes aged 13-21 in five sports: soccer, basketball, bocce, floor hockey, and virtual track & field. Prior to each qualifier, teams are placed in divisions based on ability-level to ensure competition is fair, balanced, and provides equitable advancement opportunities. Qualifiers are hosted in several communities throughout Ontario. Registration fees are \$5 per student and every qualifier offers two divisions; Traditional and Unified.

### 1. Traditional Division:

All student-athletes competing in the traditional division have an ID. This division allows SO Athletes to compete and flourish with those of similar ability-levels. Teams are divided against those with similar skill levels, ensuring equal advancement opportunities for student-athletes of all ability levels.



### 2. Unified Division

Unified Sport was first introduced in Canada during the 2015/2016 school year. A Unified team is comprised of SO Athletes with an ID and 'Unified Partners' – a Unified Partner is a mainstream student without an ID. Teams are still comprised of athletes of a similar age and ability. Unified sport offers inclusive and meaningful opportunities for competition, while still maintaining a fun and challenging experience for all.

Unified Sport is one tool that can combat preconceptions and false ideas about people with ID. More than 1.2 million people globally take part in Unified Sport, breaking down social barriers and stereotypes.



### The Importance of Secondary School Programs

Secondary School Programs instill confidence, contribute to a healthy lifestyle, facilitate lifelong friendships, and promote a more inclusive society. Successful teams will have the opportunity to compete in SOO's 2020 Provincial School Championships, taking place June 2 - 4 in Kingston, Ontario.

# SOO Provincial School Championships

## Kingston 2020

### Embrace the Challenge

Taking place from June 2-4, the 2020 School Championships will welcome over 1,000 coaches and student-athletes from across the province to Kingston, Ontario.

These Championships will feature all five (5) sports: soccer, basketball, bocce, floor hockey, and track & field. All five sports will offer both a Traditional and Unified division.

All sports will be broken down into multiple divisions based on ability level, where athletes will have the opportunity to compete against only those of similar skill and ability, ensuring fair and safe competition for all.



### The Experience of a Lifetime

The Provincial School Championships are an unforgettable experience which exemplifies the hard-work and perseverance each athlete has invested into their respective sport, while also providing the chance to form bonds and memories that will last a lifetime.

The three-day event will also highlight valuable SOO Ancillary Programs to help make the athlete experience a truly positive one, including the Healthy Athletes and Athlete Leadership Programs.

**WE HOPE TO SEE YOU THERE!**





# Special Olympics Ontario School Board Support

SOO is committed to collaboration. We want to work with your School Board to support existing events, build new programs, share resources, and support an inclusive culture in all schools. 'Sport' and 'School' are both exceptional vehicles that can be intertwined to create a long-lasting social impact. SOO's School Programs are about more than competition and games; they are about breaking down social barriers and including everyone in the community. More specifically, we want to work with your School Board on:

## EVENT SUPPORT

SOO wants to help your School Board run amazing events and programs for students with an ID through providing you with resources outlining our sport and inclusion expertise.

## LEADERSHIP PROJECT

SOO School Programs strives to develop passionate leaders. For example, students can host events that raise funds or awareness for SOO; gaining hands-on event and advocacy experience.

## VOLUNTEERISM

We are able to provide beneficial volunteer opportunities to students, which introduce them to the Special Olympics movement and the power of inclusion.

## Hosting Opportunities & Packages

### Teachers & Schools Wanted!

As SOO School Programs continue to see unprecedented growth, we are calling upon teachers, community-leaders, and schools across Ontario to take on the vital role of 'Grassroots Champion of Inclusion'. Finding dedicated individuals to take on a leadership role in creating opportunities in their local communities (by hosting events, fundraisers, or raising awareness) allows our team to work in more communities, create more opportunities, and curate a larger network of schools, coaches, athletes, and champions.

### How do Unstaffed Events Work?

Any Unstaffed SOO event will rely on a local leader to oversee the day-of logistics. This event could be a sanctioned qualifier, a Sports Festival, or just a general 'try-it' day for athletes of any age or ability level. SOO will make all resources and supports available leading up to the event. The responsibility of the local leader is to ensure the event runs on time.

# Special Olympics Ontario

## Additional Resources

SOO School Programs also hosts a variety of ancillary programs that help support the Special Olympics Movement by fostering healthy, confident, and successful athletes that are part of a truly inclusive community:

### **ATHLETE LEADERSHIP PROGRAMS (ALPs)**

SOO offers free one-day workshops to Secondary School students with and without an ID. ALPs focuses on providing the tools needed to undertake meaningful leadership roles within Special Olympics and their communities.

### **MyPAHL**

MyPAHL is a program that tracks an athlete's physical activity and nutrition through daily, weekly, and monthly logs. Teachers have the ability to use these trackers to create fun competition amongst students, helping them see health from a new perspective.

### **UNIVERSITY & COLLEGE PROGRAMS**

SOO University and College Programs bring Unified intramural sports to college and university campuses across the province. Offered as competitive opportunities for athletes who have graduated from Secondary School programs as well as local post-secondary school students (ages 18-25). For more information, please contact: [chrism@specialolympicsontario.com](mailto:chrism@specialolympicsontario.com)

### **COMMUNITY PROGRAMS**

SOO programming is split between two major streams: Community Programs and School Programs. School Programs are introductory initiatives that provide an entry point to physical activity and competition. Athletes can take part in Community Programs at any age, and participate in 18 different sports year-round.

### **MULTI-SPORT (AGES 10-21)**

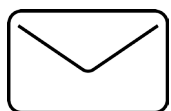
The Youth Multi-Sport guide breaks down specific sports into 9 weeks of practice and lesson plans, working from an introduction to each sport, through to a complete game setting. This guide acts as a great lead-in to our Secondary School programs for educators looking to prepare students for competition.



**FOR MORE INFORMATION  
ON ALL PROGRAMS  
PLEASE VISIT OUR WEBSITE AT:**

<http://specialolympicsontario.com/schools>

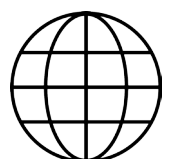
# Please Contact Us for More Information



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