

Transition Planning: Building Lifelong Pathways Through Special Olympics Ontario

As students approach graduation, it's essential to prepare them for meaningful adult life—including opportunities for continued physical activity, social connection, and community involvement. Special Olympics Ontario (SOO) offers a **lifelong pathway** for athletes aged 8 and up, including robust programming for youth and adults 18+ until they are over 70 years old.

From School to Community: What's Available After Graduation?

Special Olympics Ontario provides a range of community-based programs that support ongoing development, inclusion, and wellness:

Program Type	Description	Age Group	Benefits
Community Sports Clubs	Weekly grassroots programs in local communities offering 19+ sports like basketball, soccer, swimming, and bocce (Note: <i>Sport programs offer vary based on community</i>)	All ages	Physical fitness, teamwork, routine, social engagement
Competitive Sport Advancement	Local Qualifiers, Provincial, National and International tournaments for athletes with intellectual disabilities	Ages 8+	Skill development, travel opportunities, confidence building

Special Olympics Ontario

Registered Charitable Number - 11906 8435 RR0001

Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.

Web: www1.specialolympicsontario.com/schools

Facebook/Instagram: @SOOSchoolChamps

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Healthy Athletes & Wellness Programs	Health screenings, fitness education, and mental wellness initiatives	All ages	Health literacy, self-care, access to services
Leadership & Volunteer Pathways	Opportunities for athletes to become public speakers, board & community members, mentors, or event leaders	All ages	Advocacy, independence, community leadership
Unified University & College Programs	Inclusive teams with athletes of all abilities competing together in a college & university intermural setting giving athletes the post-secondary experience	All ages	Social inclusion, peer relationships, community visibility

IEP Goal Connections

Special Olympics programs can be referenced in IEPs under **Transition Planning, Community Integration, and Life Skills.**

How to Get Started

Visit Special Olympics Ontario's Get Involved Page and sign up to get started:

[Become an Athlete](#)

[Become a Volunteer](#)

Contact Local SOO UCS Consultants for more information on the transition or attend a local community event to meet coaches and volunteers.

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