



The Athlete Pathway



Agenda



1. Who is the SOO Athlete
2. SOO Programs
3. Entry Points to the Organization
4. Meaningful Growth
 - Breakout Group- Growth
 - Breakout- Capacity
5. For Them, With Them
 - Breakout- Athlete Leadership
6. Beyond the Field of Play
7. Questions



SOO ATHLETE

- AGE
- GENDER
- SKILL
- SUPPORT
- CULTURE
- WHY

SOO Programs

Discovery



Active for Life



**Sport
Excellence**



Active Start



- AGE: Children 2-6 years
- PRIORITY: Active participation for fun
- OBJECTIVE: Develop skills through movement and developmentally appropriate play
- SKILLS: manipulation, transport and balancing
- 12 week program/ 45 Minute sessions

- AGE: Children 7-12 years
- PRIORITY: Development of more sport specific fundamental movement skills
- OBJECTIVE: Physical literacy through the introduction of sport specific skills
- SKILLS: Basic sport movement skills
- 12 week program/45 minute sessions



FUNdamentals

Multi-Sport

- AGE: Children 11+
- PRIORITY: Introduction to four SO sports and transitional program into school and community competition stream
- OBJECTIVE: Build sport specific training knowledge and independent interest in Special Olympics sports.
- SKILLS: Develop sport specific physical literacy with introduction to competition
- 4 x 9 week lesson plans/60 minute sessions



School Programs

- Elementary Schools
 - Sport Festivals
- Secondary Schools
 - Sport and School Championships
 - Full School Engagement
- University and College
 - Unified Sports Programs

**Special
Olympics**
Ontario



Special Olympics
**Unified Champion
Schools®**



Community Programs

- All Ages & Stages
- 19 Official Sports
- Fitness/ Development Sport programs
- Discovery, Sport Excellence & Active for Life Programs



Partner/Alternative Programs

- Programs run by partner organizations or groups
- Can be official, developmental or alternative sport
- Non SOO traditional competition pathways
- Partnerships created at the community or provincial level (Organizational approval required)
- MOUs outline partner and SOOs responsibilities
- Ex: Canoe/Kayak, Rowing, Cheer, Rock Climbing





MATP is our Special Olympics movement-based sport program for athletes with profound intellectual disabilities who have high support needs.



**Enhanced Motor
Skills and Support
Skills**



**Improve Physical
Fitness**



**Promote Social
Interaction**



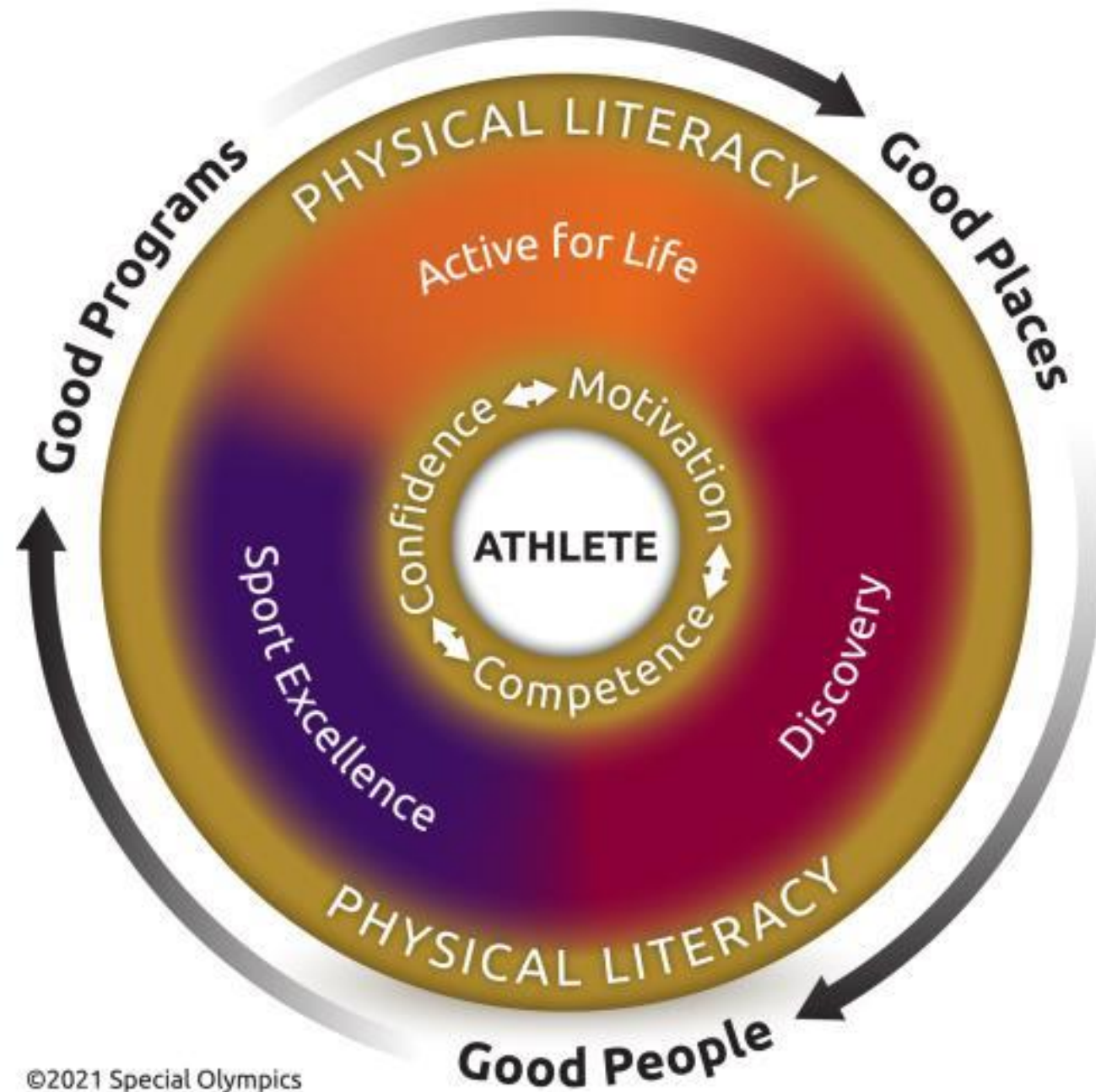
**Boost Self Esteem
and Confidence**

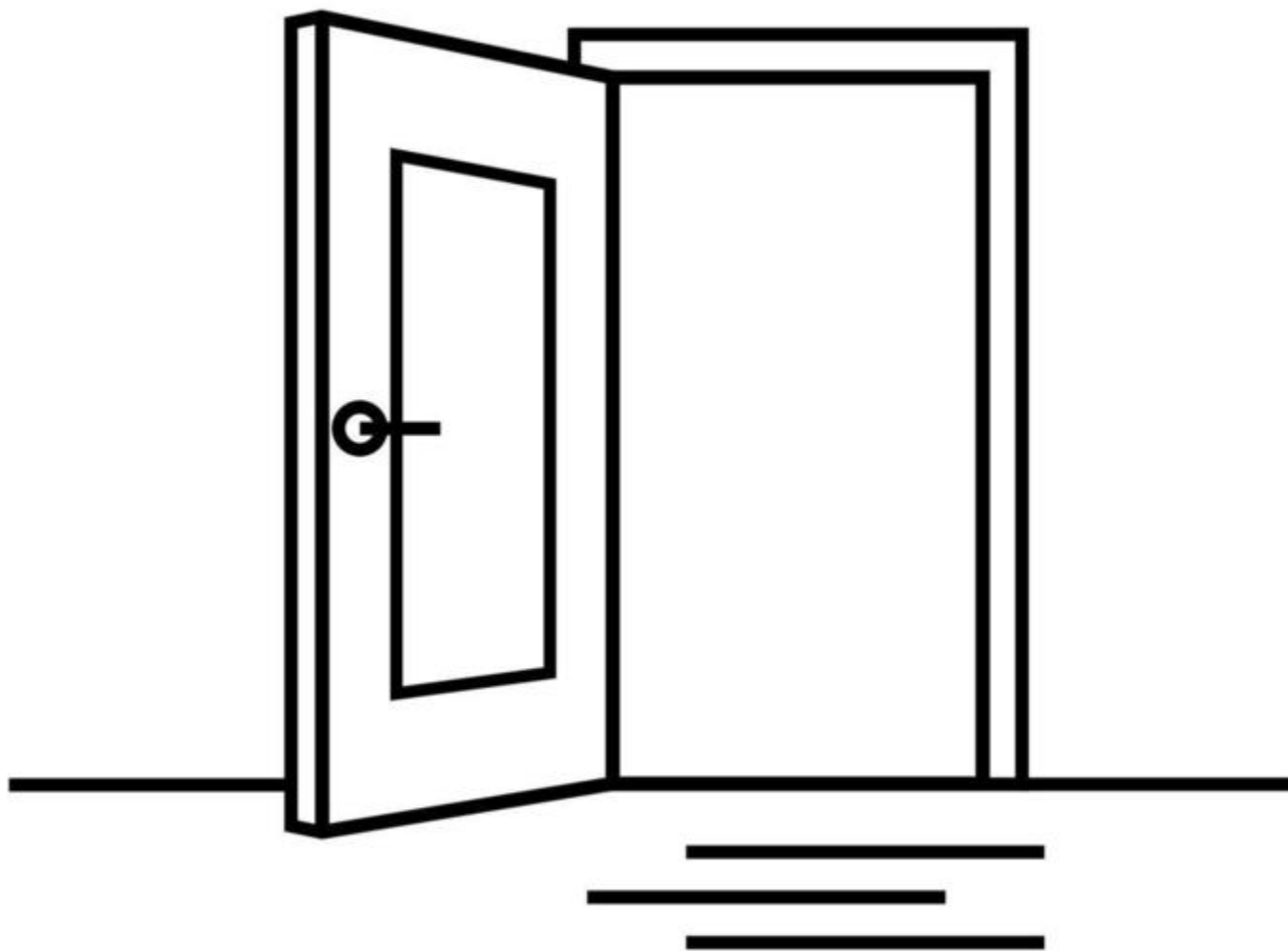


**Inclusive Sport
Experiences**

Accessibility

Entry Points







Meaningful Growth



Break Out #1



What does “Meaningful Growth” mean



What should be considered when making decisions on new programs



What barriers to growth are you facing in your community

CAPACITY

- **Lottery Systems** – athletes submit preferences, randomly assigned.
- **Partner Programs** – use external clubs or gyms.
- **Program Participation Maximums** – cap how many programs each athlete can do.
- **School Program Partnerships** – share space or collaborate with schools.
- **Post Secondary Programs**



For Them, With Them



**I AM an Athlete
Leader**

Beyond the Field of Play

Fitness Captains

Speakers Training

Health Messenger

ALPs Courses

Peer Mentors

Athletes on Councils

OALC

Athlete Congress

SOC/ SONA/ SOI



Homework

- Who do our programs serve
- How do we grown programs thoughtfully
- Are we holding space for new/transitioning Athletes
- How out allowing our athletes to be leaders in our community





Questions

