



**Special
Olympics**
Washington



Young Athletes™

Young Athletes™ (YA) is an inclusive sports program for children 2-7 with and without intellectual disabilities which improves motor and social skills while introducing them to the world of Special Olympics. Studies have shown 7 months of motor skill development after just one eight week program. YA programs can take place at childcare centers, schools, gyms or at home. They are run by volunteers or parents and can be completed in eight weeks or year-round. Below are the key components of YA programs, regardless of their location:

FREQUENCY

- Minimum of eight weeks
- 3 sessions per week (can be a combination of school/community-based sessions & “homework” with families at home.)

RESOURCES FOR SITE COORDINATORS OR FAMILIES

- Young Athlete Toolkit
- Activity Guide
- Coordinator Handbook
- Equipment Kit
- Training Webinars for Site Coordinators
- Optional 8 week curriculum with 3 lesson plans/week (can be modified)

KEY COMPONENTS

- Inclusive - children with and without disabilities participate.
- Community Programs 10-20 participants
- School Programs 20-30 participants

GETTING STARTED

Contact Chara McElfish, Director of Program Initiatives cmcelfish@sowa.org or (206) 681- 9364 to become trained as a Site Coordinator.