



SPECIAL OLYMPICS
USA GAMES
SEATTLE 2018

Young Athletes Festival

July 2, 3, and 5, 2018



Please join us for free family fun and excitement at the **2018 Special Olympics USA Games Young Athletes Festival.**

Children ages 2 through 7 and their families are welcome to join us for games, sports, and other skill-building activities. All ability levels are welcome!

WHEN: July 2-3
10:00 am-2:00 pm

WHERE: Seattle Center
International Fountain
North Lawn

WHEN: July 5
10:00 am-2:00 pm

WHERE: Rainier Vista
at University
of Washington

Registration is now open.
To sign up, please visit the
website below.



www.SpecialOlympicsUSAGames.org/young-athletes-festival



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 8 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 8 weeks or year-round. Below are the key components of YA programs, regardless of their location:

FREQUENCY

- Minimum of 8 weeks
- 3 sessions per week (can be a combination of school/community-based sessions and “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 Morgan Larche, Director of Unified Schools at mlarche@sowa.org or (206) 693-2616 to receive more information about starting a program.

www.SpecialOlympicsWashington.org