




**Special
Olympics**
Northern California

Athlete Information Sheet

"LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT."

What is Special Olympics?

Special Olympics is a non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities.

Does Special Olympics offer programs for athletes of all levels?

Special Olympics is open to every person with an intellectual disability regardless of level/degree of the athlete's disability. We create competition environments based on each athlete's skill level. This ensures that ALL athletes compete based on skill, age, and gender.

How much does it cost?

Special Olympics athletes do NOT pay any fees to participate! Special Olympics is able to provide training and competitions for free, thanks to the generous support of individuals, organizations and corporations in our communities.

How many Sports can athletes participate in?

Athletes can attend practices for as many different sports as their schedule will allow.

Can an athlete participate in a sport that he/she does not know how to play?

Yes, Special Olympics firmly believes that everyone can benefit from being part of a team, no matter the skill level. Our coaches will work with your athlete to teach them the skills they need in order to compete with confidence.

How old do Special Olympic athletes need to be?

In order to officially compete athletes need to be 8 years old. However, athletes that are 6 & 7 years of age can come out and practice. There is no "cap" on how old an athlete can be.

How should Special Olympic athletes dress?

Athletes should wear appropriate athletic attire to sport trainings. Usually, this includes athletic shoes with non-marking soles, shorts or sweats, and a t-shirt. Swimmers must wear a swimsuit and provide a towel.



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Sports Offered

Special Olympics offers 11 different sports in (4) sports seasons:

Winter (Jan-Mar): Basketball

Spring (Mar-Jun): Swimming, Bocce, Track & Field and Tennis *

Summer: (Jun-Sep): Golf * & Softball

Fall (Sep-Dec): Bowling, Soccer, Floor Hockey, and Flag Football *

Some sports may not be offered in all counties based on athlete interest and facility availability.

* = Sports with Unified Play Opportunities.

**Have more questions?
Email your Special Olympics
Community Sports contact:**

**** See County Contacts list on the next page. ****

www.BecomeAnAthleteSONC.org

Special Olympics Northern CA	Community Sports
County	County Email
Alameda	alameda@sonc.org
Alpine	letsplay@sonc.org
Amador/Calaveras	calaveras@sonc.org
Butte	butte@sonc.org
Contra Costa	contracosta@sonc.org
Del Norte	delnorte@sonc.org
El Dorado	eldorado@sonc.org
Fresno	fresno@sonc.org
Glenn	letsplay@sonc.org
Humboldt	humboldt@sonc.org
Kings	kings@sonc.org
Lake	lake@sonc.org
Lassen	letsplay@sonc.org
Madera	madera@sonc.org
Marin	marin@sonc.org
Mariposa	mariposa@sonc.org
Mendocino Coastal	mendocinocoastal@sonc.org
Mendocino Inland	mendocinoinland@sonc.org
Merced	merced@sonc.org
Modoc	letsplay@sonc.org
Mono	letsplay@sonc.org
Monterey	monterey@sonc.org
Napa	napa@sonc.org
Nevada	nevada@sonc.org
Placer	placer@sonc.org
Plumas	letsplay@sonc.org
Sacramento	sacramento@sonc.org
San Benito	sanbenito@sonc.org
San Francisco	sanfrancisco@sonc.org
San Joaquin	sanjoaquin@sonc.org
San Mateo	sanmateo@sonc.org
Santa Clara	santaclara@sonc.org
Santa Cruz	santacruz@sonc.org
Shasta	shasta@sonc.org
Sierra	letsplay@sonc.org
Siskiyou	siskiyou@sonc.org
Solano	solano@sonc.org
Sonoma	sonoma@sonc.org
Sonoma Valley	sonomavalley@sonc.org
Stanislaus	stanislaus@sonc.org
Tehama	tehama@sonc.org
Trinity	letsplay@sonc.org
Tulare	tulare@sonc.org
Tuolumne	tuolumne@sonc.org
Yolo	yolo@sonc.org
Yuba/Sutter/Colusa	yubasuttercolusa@sonc.org