



SCHOOL-BASED UNIFIED SPORTS



Play Unified.
Live Unified.

Unified Sports® is a program that brings together students with and without intellectual disabilities to train and compete on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Player roles:

Athlete: a participant with an intellectual disability or autism (Special Education)

Unified Partner: a participant without an intellectual disability (General Education)

Special Olympics Oregon leaves eligibility to parents, teachers and doctors to decide what role best fits that child.

Unified Sports Opportunities for school-based programs:

Fall (Sept. – Nov)

- Unified Soccer

Winter (January – March)

- Unified Basketball

Spring (April – June)

- Unified Soccer
- Unified Softball
- Unified Track*
- Unified Golf*

*Incorporated into school's existing sport program

**CHANGING THE
WORLD IS A
CONTACT SPORT.
GAME ON.**

Practice:

Teams are required to practice at least 1-2 times a week for 8-10 weeks, and participate in 1-2 optional invitational tournaments before attending an end of season tournament. Some schools schedule more weekly games with surrounding schools leading up to the tournament, but that is optional.

Coaches:

Teachers, educational assistants or existing coaches at your school can coach your Unified team. Unified teams can also be lead by a student leader who is 16 or older, with guidance from an adult/chaperone that can act as the Head Coach (great for senior projects).

Special Olympics Oregon can provide:

- Uniforms
- Transportation
- Coaches training
- Sports equipment

Other Special Olympics Oregon Sports:

In addition to the school-based Unified Sports program, there are community based Special Olympics or local programs. There are additional individual and team sports choices with the local programs. Youth who participate with the local program are part of a community team rather than a school-based team. Special Olympics staff can provide more information about this.

Paperwork:

It is required for all participants to fill out Special Olympics Oregon paperwork prior to participation. Special Olympics staff will provide details regarding all paperwork and requirements.

Other Activities:

Unified Club:

A non-academic, school-based club that brings students with and without intellectual disabilities together for planning and participating in sports, recreation, social and community activities. A Unified Club can help promote understanding, acceptance, inclusive leadership and collaborative skill building.

Respect Campaign:

An awareness campaign that educates about the hurtful and derogatory use of the word “retard(ed)” and other hurtful language as a starting point toward creating more accepting attitudes and communities for all. Special Olympics can provide resources and tools to help students organize a Respect Campaign at your school.

Youth Leadership Summit:

Every Fall, Special Olympics Oregon hosts a Youth Leadership Summit to bring together middle and high school student leaders with and without intellectual disabilities. The Summit provides an opportunity to learn about inclusive practices that can help promote a more accepting and unified school environment where every student feels valued. It’s also a great opportunity to network with other Special Olympics schools and hear what successful practices have worked at their schools.

Contact:

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**SHOW THE
WORLD
WHAT A BALL
CAN DO.**



**LET'S NOT WAIT
FOR HALF-TIME
TO MAKE A
CHANGE.**