



Special Olympics
Unified Sports®

Welcome back! I hope you had a fun and relaxing summer and are feeling refreshed and ready to start another school year. After a successful second year, the Alberta Schools' Athletic Association and Special Olympics Alberta are excited to start the third year of Special Olympics Unified Sports in Alberta high schools.

For those of you who are new to Unified Sports, this is a Special Olympics program where students with and without intellectual disabilities train and compete on the same team. The purpose of this program is both to add more athletic opportunities for students who may not normally compete in high school sport, as well as to have a positive impact on school culture by forging pathways to friendship and acceptance among students. It is expected that the students without intellectual disabilities (partners) give visual and verbal cues to assist the students with intellectual disabilities (athletes) to ensure that they fully take part in the sport and are able to develop new skills. The coaches and partners will need to work together to gauge the needs of the athletes, as some athletes will require lots of support and others will require very little. With over one million participants worldwide, Unified Sports is shown to encourage and support the development of leadership, social skills, and sport specific skills among students when it takes place in an inclusive and competitively balanced environment.

This year we will be repeating all four Unified Sports that ran last year: Bocce, Bean Bag Toss, Basketball, and Track. Each sport has its own guidelines for how many partners and athletes are needed to form a team. All teams are co-ed and can include students from grade 9-12. As another exciting addition to the program, our province has the opportunity to send a Unified Bocce team to the Special Olympics Ontario High School Championships in Peterborough from May 29-31. Further information can be found on the other side of this letter, the News and Events section of the ASAA website, or by contacting me in the ASAA office.

I'm looking forward to another fantastic year as we continue to break new ground and expand this program throughout the province. Please don't hesitate to contact me if you have any questions, want to learn more about how to get involved, or how to host your own Unified event within your school.

Best,

Shanna Kurylo

Unified Sports Program Director

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Unified Bocce: 4 vs 4

Team Requirements: Teams of four, consisting of two partners and two athletes per team. No max number of teams per school.

Tournaments: Two tournaments are scheduled for this school year, one in Edmonton and one in Calgary. Details will be sent separately. Please contact Shanna for more information on hosting your own tournament.



Unified Bean Bag Toss

Team Requirements: Teams may be two person (one partner and one athlete) or four person (two partners and two athletes).

Tournaments: All tournaments are hosted by schools. Please contact Shanna for more information on how to host your own tournament, or to find out if a school near you is hosting a tournament.

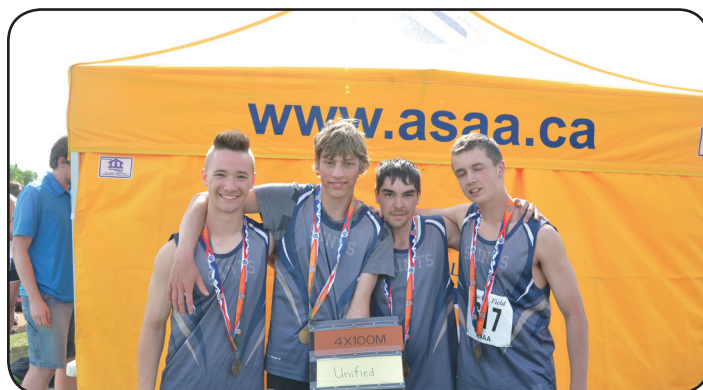


Unified Basketball: 3 vs 3 (half court)

Team requirements: Three students from each team must be on the court at all times, consisting of two athletes and one partner per team. No max number of teams per school or max number of students per team.

Game length: 15 min running clock

Tournaments: Tournaments will take place in the spring; more information to follow.



Unified Track: 4x100m Relay

Team Requirements: Two partners and two athletes per team.

Championship: The relay will take place at the ASAA Track & Field Provincial Championships in Red Deer on June 1-2, 2018. This is an open event; schools do not need to qualify to send a team. No max number of teams per school.

For more information contact shanna@asaa.ca
or visit <http://www.asaa.ca/sports/special-olympics-unified-sports>

#PlayUnified