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Special Olympics Unified Sports

Unified Sports pairs athletes with and without intellectual disabilities on the same team. By participating together, athletes and partners improve their physical fitness, sharpen their skills, challenge the competition and overcome prejudices about people with intellectual disabilities.

Frequently Asked Questions:

Why should I play Unified Sports?

Unified Sports offers an inclusive playing field for athletes with and without intellectual disabilities. The athletes practice and compete together which challenges each athletes' abilities, builds new friendships, overcomes social barriers, and allows athletes to play the sports they love.

How can I start a Unified Team?

Schools and/or families can contact Mark Anderson for information about starting a new team.

How much will it cost?

There is little to no cost to start a Unified team. For schools, Special Olympics Minnesota pays for the Unified team's equipment, jerseys and tournament fees.

Which Special Olympics Minnesota sports are Unified Sports?

Aquatics	Bowling	Gymnastics
Athletics	Equestrian	Softball
Basketball	Flag Football	Tennis
Bocce	Golf	Volleyball

Special Olympics also offers the following traditional sports:

Alpine Skiing	Powerlifting
Poly Hockey	Snowboarding

About Special Olympics Minnesota:

Special Olympics Minnesota offers 16 Olympic-type sports to approximately 7,500 people with intellectual disabilities. All athlete skill levels and abilities are welcome to compete!

There is a Special Olympics Minnesota team within 10 miles of each city in the Twin Cities area. Join a team or start one today!

For more information about Unified Sports and Special Olympics Minnesota, contact:

Mark Anderson

Senior Manager of Unified Sports & Competition

mark.anderson@somn.org

612.604.1257

Special
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