

SKAGIT SPECIAL OLYMPICS



Skagit Special Olympics provides ten weeks of sports training and athletic competition, each season, for children (eight years of age and older) and adults with intellectual disabilities. Our primary goal is to provide a quality experience in sports training and competition with a focus on friendship and FUN !

Participate: Athletes must have an [Application for Participation](#) * completed by their physician prior to participating in our Special Olympics Program. We encourage athletes to participate in any and all sports offered. A completed application is **valid for three years**.

(“Please complete all personal information on Page 1, 2 & 5. Your Doctor needs to complete Pages 3 & 4. Your Doctor needs to sign and date the ‘Physical Examination’ section at the bottom of Page 3 & 4 on the form. Athlete and Parent need to complete the form by signing the appropriate section on Page 5.)

Please return the original completed ‘Application for Participation’ to us at: **Skagit Special Olympics, P. O. Box 1162, Mount Vernon, WA 98273**. Please keep a copy for your records.”

Volunteers are the lifeblood of our organization. Skagit Special Olympics Programs are organized, managed and coached entirely by volunteers. Volunteer opportunities include working directly with special athletes such as, a coach, assistant coach, chaperone or supporting our program as an event volunteer. All volunteers are required to complete a **Volunteer Registration Form** which includes a confidential background check prior to volunteering in our Special Olympics Program. Please go to state website: www.sowa.org . We ask volunteers to come to practices ready to play and have fun. You don’t need to be proficient at the sport, just willing to participate and have fun. We have athletes at all ability levels appreciating volunteer encouragement and assistance. Volunteers aren’t asked to commit to ten weeks; rather we ask that you come when you can.

Training is provided to certify volunteer coaches in each sport prior to the start of each season. Special Olympics International has developed specialized sports specific training materials to strengthen the coaching of athletes at every level.

Sports are currently offered in three sport seasons through Skagit Special Olympics:

- **Fall Season** (Sept. - Nov.) **Bowling, Volleyball**
- **Winter Season** (Nov - Feb.) **Basketball**
- **Spring Season** (March - May) **Aquatics, Cycling, Soccer**

Funding for Skagit Special Olympics is provided entirely by private donations. There is no cost to the athlete to participate. Skagit Special Olympics is a part of Special Olympics of Washington, a registered 501 (c) 3, non-profit organization. Individuals and organizations can make monetary tax-deductible donations to support our program through Special Olympics of Washington. Receipts will be provided by Special Olympics of Washington. Donations can also be made in the form of donated supplies and equipment as a local sponsor. Please contact us directly if you are interested in helping locally.

Tim Holloran (360) 428-5704
Liz Hammack, Registrar
Skagit Special Olympics
P.O. Box 1162
Mount Vernon, WA 98273

Athlete’s Oath:

*“Let me win,
But if I cannot win,
Let me be brave
In the attempt.”*