



Armstrong/Indiana Counties

*Becoming a Special Olympic athlete
"Let me win. But if I cannot win, let me be brave in the attempt."*

Participation in Special Olympics training and competitive events is open to all people with intellectual disabilities regardless of their degree of challenge.

*Athletes age 7 can train and ages 8 and older may train and compete.
There is no cost for participation including uniforms, equipment and competitions.*

To be eligible to participate athletes must have an intellectual disability, cognitive delay, or a development disability, this is, functional limitations in both general learning and adaptive skills.

Before an athlete can participate the athlete's, parent or guardian must complete an Application for Participation. This form will require the athlete's personal information as well as being completed by an authorized medical personal and signed. This includes a CRNP, FNP, and PA in addition to a MD or DO. The back of the form needs to be signed by the athlete themselves without this signature the application is not valid.

*Submit the application by mail to **Special Olympics Pennsylvania, Armstrong/Indiana Counties, PO Box 255 Ford City, PA 16226**, or hand delivered in practice to a coach. Once we receive the application you will be contacted by a coach or the Competition Director and given the sports schedule with locations of the training's and select the sports of interest.*

Benefits of becoming an athlete

Experience friendship on and off the field, being a part of the large Special Olympics social network, receive needed health screenings, become more physically active, and gain self-confidence and self-esteem.

Our local Armstrong program offers Bocce, Long distance Walking/Running for the fall, Bowling for the winter, and Track & Field and Softball for the spring. The Indiana area offers Long Distance Walking and Running on the Hoodlebug Trail, Bocce behind the S&T Area for Fall. Bowling at Mohawk Lanes and snowshoeing at Blue Spruce Park for Winter, and Athletics and Equestrian for Spring. We hope to offer power-lifting and swimming for the Indiana in the future.

Come join us and make forever friends through training and competition as a Special Olympic athlete!

Contact us for an application for participation today!

Program Manager: Michelle Jordan smileincluded@hotmail.com 814-441-7981

Find us on Facebook: Special Olympics Pennsylvania Armstrong/Indiana Counties