



Staying Involved After High School



Graduation from high school signifies the end of one phase of your life and the beginning of a new one. We invite any student with an intellectual disability who is approaching graduation to participate in a community-based Area program for continued sports experiences. There is no age limit and it's free.

All too often, students and families are unaware of available Special Olympics opportunities for adults. Through the school's transition planning process, a goal can be set to continue in the joy of Special Olympics.

Next Steps

Join an existing adult/community team or create an "alumni" team with fellow graduates.

Get involved with non-competitive programs like our Global Messengers and Healthy Athletes to improve your life off the playing field.

Why Stay Involved?

- Improve fitness, health & avoid a sedentary lifestyle
- Nourish friendships & family relationships
- Grow self-confidence
- Enhance skills for independent living
- Improve social interactions & quality of life
- It's fun!

Contact us at 501.771.0222 with any questions!

