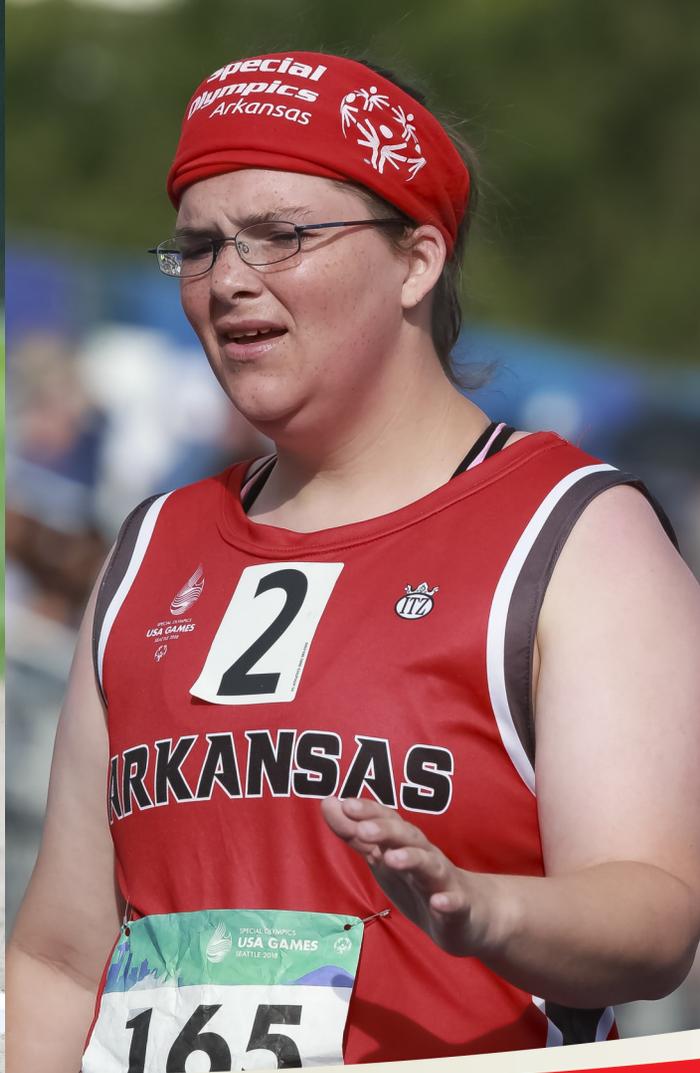


LET ME WIN. BUT IF I
CANNOT WIN, LET ME BE
BRAVE
IN THE ATTEMPT.



TAKING THE FIRST STEPS

- Talk to current coaches and Area Directors about **ADULT TEAMS**.
- Contact your **SOAR Field Representative** for up-to-date information about adult teams in your area.
- Talk to your coach about any local teams for you and your fellow athlete/graduates.

**Special
Olympics
Arkansas**



Phone: 501-771-0200
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Facebook: Special Olympics Arkansas
Instagram: @SOArkansas
Twitter: SO Arkansas

TRANSITION PLANNING

Making the transition from a school-based to an adult Special Olympics Arkansas team

What is Special Olympics Arkansas (SOAR)?

Special Olympics Arkansas provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

SOAR athletes are **ALL AGES**; adult athletes make up a large percentage of the total number of athletes.

SOAR athletes can participate in **19 SPORTS**, such as basketball, bocce, golf and soccer.

Athletes train for a minimum of **8 WEEKS** prior to each competition.

In addition to sports, SOAR offers athletes a variety of **HEALTH** and **LEADERSHIP** opportunities and programs!

About Transition

Graduation from high school signifies the end of one phase of a youth's life and the beginning of a new one. All too often, the end of public education also signifies the end of Special Olympics participation because the athlete lacks information about available Special Olympics opportunities for adults.

However, through the school's transition planning process in the Individual Education Program (IEP) for high school-aged students, the school program goes beyond academics to include preparation for adult living. The IEP can include specific activities or steps to ensure that the youth will be linked to an adult team without interruption in their sports training and competition.

Connect locally by visiting the **In your Area** section at www.specialolympcisarkansas.org

Why should an athlete continue involvement in Special Olympics Arkansas as an adult?

Participation promotes:

- Further education
- Physical fitness
- Independent living
- Travel skills
- Responsibility
- Friendships
- Employment
- Socialization
- Well-being

Making the Transition

Transitioning to adulthood does not have to be a difficult experience. **By developing a step-by-step plan to reach a post-school goal, every athlete can be successful.**

How Special Olympics might look in a student's IEP:

There may be an annual IEP goal related to travel training so that a youth would learn how to independently use public transportation or a para-transit system, ride share, etc. to get to practices with an adult delegation after graduation.

There could be a postsecondary transition goal to locate and participate in Special Olympics programs through an adult team or local training center/day program

Another possibility could be a training goal to learn the skills for a sport that is available through a local adult team, but not currently offered by the school-based program.

Preparation and action steps are the hallmarks of good transition planning.



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