

Special Olympics is raising awareness about the abilities of people with intellectual disabilities. Through sports we showcase the skills and dignity of our athletes. We also bring together communities to see and take part in the transformative power of sports.



Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes find joy, confidence and fulfillment - on the playing field and in life.



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Let me win. But if I cannot win, let me be brave in the attempt.

**Training Athletes
In St. Mary's
County since
1970**



Special Olympics Maryland St. Mary's County offers 15 Olympic-style individual and team sports that provide meaningful training and competition opportunities for persons with intellectual disabilities.

- | | | |
|----------------------|----------------------------|---------------|
| Aquatics | Athletics
(Track/Field) | |
| Basketball | Bocce | Bowling |
| Cycling | Equestrian | Flag Football |
| Football
(soccer) | Golf | Kayaking |
| Sailing | Skiing | Snowshoeing |
| Softball | | |

THE ATHLETES ARE THE WHY; THE VOLUNTEERS ARE THE HOW

Volunteers are the backbone of the Special Olympics movement. They are the coaches, trainers, officials, event organizers, fundraisers, and managers. They can also be unified partners - - playing alongside athletes with intellectual disabilities - - or fans cheering in the stands.

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



Dedicated to promoting social inclusion through shared sport training and competition experiences, Unified Sports joins people with and without intellectual disabilities on the same team. St. Mary's offers the following Unified Sports: Basketball, Bocce, Bowling, Cycling, Golf, Kayaking, Sailing, Skiing, Snowshoeing, and Softball depending on interest.



Special Olympics would not exist today - - and could not have been created - - without the time, energy, commitment, and enthusiasm of our volunteers.