

Changing young lives through sport

What are Special Olympics BC's Youth Programs?

Special Olympics BC (SOBC) offers three programs designed to help children with intellectual disabilities to develop basic motor and sport skills through fun and positive movement experiences:

Active Start: a family-centred activity program targeting children with intellectual disabilities ages 2 to 6. Through the program, children learn basic motor skills such as walking, running, jumping, throwing etc. in a fun and safe environment.

FUNDamentals: a continuation of the Active Start program for young athletes with intellectual disabilities ages 7 to 11. The skills transition from basic movement skills to basic sport skills, providing participants with a more in-depth introduction to sport-related motor skills along with training and competition, while maintaining an atmosphere of fun and meaningful interaction.

Sport Start: aimed at youth ages 12 to 18 with intellectual disabilities, Sport Start promotes specific sport education, proper nutrition and social inclusion through participation in positive sport experiences. The program also builds on the athletes' existing motor skills, helping to translate those abilities into sport-specific skill development and game play.

What are the benefits for participants?

- Substantial and improved development of physical, cognitive and social abilities
- Introduction of positive and happy social experiences through fun play activities alongside peers
- Helps them build self-esteem and develop a sense of belonging
- **Helps them transition into other year-round SOBC sport programs offered in 55 communities around the province and initiates a lifelong love of sport**

What are the benefits for parents/caregivers?

- Education for parents and caregivers about the value of sport in the lives of their children
- Education in other areas including nutrition, basic motor skills and the Special Olympics organization
- Opportunities for parents/caregivers to expand their networks and support systems

It's easy to register and program costs are minimal. Please contact SOBC for details!



Special Olympics BC's Active Start program fills a void in our son's life. He loves playing with the equipment and it is gratifying to see the confidence he is gaining both physically and mentally as he achieves goals and does things he couldn't do before. We look forward to sharing future accomplishments thanks to Active Start.

James Sutherland,
Oliver's father



Special Olympics BC is dedicated to providing individuals with intellectual disabilities with opportunities to enrich their lives and celebrate personal achievement through positive sport experiences.

Contact Rachel Borer: 604.737.3125 or rborer@specialolympics.bc.ca | www.specialolympics.bc.ca

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