

# What is Special Olympics?



An international sports organization dedicate to empowering individuals with intellectual disabilities physically, socially and mentally through year-round sports training & competitions.

## How Many People Does Special Olympics Serve?



There are more than 5 million athletes in 180 countries with intellectual disabilities involved in Special Olympics programs around the world.

## What is Special Olympics' Mission?



To provide a platform for year-round sports training and athletic competitions in a variety of Olympic-type sports.

## What Impact Does Special Olympics Have on Athletes?

- Improved physical fitness & motor skills, greater self-confidence and positive self-image.
- Mental, social and spiritual growth and enjoying life in a Community.
- Ultimately to discover not only new abilities and talents but "their voices" as well.

## Who Leads Special Olympics?

Eunice Kennedy Shriver was the founder of the Special Olympics. The first Special Olympics Games was held in July 1968 in Chicago. Timothy P. Shriver PH.D. is currently the Chairman of the Board, Special Olympics International.

## Who is Eligible to Participate in Special Olympics?

An athlete must be at least eight years old & identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive, or significant learning or vocational problems due to cognitive delay that requires specially designed instructions.

## Unified Sports - Promoting Social Inclusion through Sport

In conjunction with Special Olympics dedication to promote inclusion, Unified Sports joins people with and without intellectual disabilities on the same team breaking down stereotypes about people with intellectual disabilities.



In Sarawak, the Special Olympics program started in 1998, it is currently led by YB Dato Sri Hajah Fatimah Abdullah which is available in Kuching, Miri, Sibü and Bintulu with plans to have Special Olympics in all regions of Sarawak.

Games introduced are Ten-Pin Bowling, Bocce, Floor Hockey, Athletics (Track & Field) and Aquatics (swimming), football and badminton.

## Our Priorities

- To be a channel to focus on athletes' abilities rather than their disabilities.
- To motivate, encourage, educate and challenge the caregivers, the public and the individual themselves to be open-minded on the possibilities & potential that could be realized in our special athletes.
- To encourage more special people to come forward with their families.



**Special Olympics Healthy Athletes® Program (SOHAP)** Annual free health screenings and education for athletes. SOHAP health disciplines currently in Sarawak are namely Opening Eyes, Special Smiles, FunFitness, Health Promotion, Fit Feet, Healthy Hearing and MedFest.

**Special Olympics Athlete Leadership Program (ALPs)** to give opportunity for the athletes to participate and even excel in roles previously considered as "non-traditional".

**Young Athletes Program (YAP)** designed to introduce children ages 2 to 7 for physical activity.



## How you can help us

**IDENTIFY** and get them involved those children who are 8 years and above with intellectual disabilities

**VOLUNTEER** in whatever field you are available

**DONATE** financial support or in-kind gifts

**ENLIST** your service club or organisation to help in our movement and together we advocate for the needs & rights of people with intellectual disabilities

**CONTRIBUTE** your time at your local activities / sporting venues

*Behind every athlete who believes in himself is a parent who believed first.*

Be in touch with us to learn more

### KUCHING CHAPTER

FL.1, P2-1-5(D), Jln Tabuan, Chonglin Park  
93100, Kuching, Sarawak.

**T** +6082 232785 **M** +6012 889 0186

### SIBU CHAPTER

C/O 23-27 Jalan Bengkel  
P O Box 319, 96007 Sibu

**T** +6084-332332 **F** +6084-331212

### BINTULU CHAPTER

C/O F-2-1 Bintulu Paragon, Old Airport Place  
97000 Bintulu, Sarawak

**T** : +6019-530-2305

**E**: specialolympicsbintulu@gmail.com

### MIRI CHAPTER

C/O Lot 312, Jalan Bulan Sabit, Krokop  
P O Box 370, 98007 Miri.

**T** +6085-420722 **F** +6085-425421

### SARAWAK

C/O 23-27 Jalan Bengkel  
P O Box 319, 96007 Sibu

**T** +6084-332332 **F** +6084-331212

**E** specialolympicssarawak@gmail.com

(an affiliate member of Special Olympics Malaysia)

## Will you join us in this special journey?

We can, only if You care.



*"I competed and won a bronze medal in half marathon event in Special Olympics World Summer Games ATHENS." Athlete Joseph Choo*

**"Let me Win.  
But if I cannot win,  
Let me be brave  
in the attempt."**

The Special Olympics Athlete Oath

**Special Olympics**  
Sarawak

