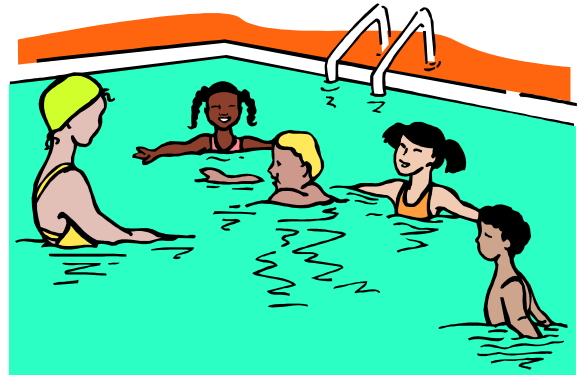


SPECIAL OLYMPICS SWIMMING



Special Olympics swimming begins on Sunday March 2 from 4:30 to 6:00 and practices most Sundays through June 1. See schedule below. Swimming will be at the Gator Dome off Huntington Road.

Athletes must be at least eight years old. There is no cost to swim!

March 2, 16, 30 (no practice March 9 and March 23 - Easter)

April 6, 13, 20, 27

May 4, 18 25 (no practice May 11 – Mother's Day)

June 1

WHAT IS SPECIAL OLYMPICS – a year-round international program of sports training and athletic competition for children and adults with an intellectual disability.

WHAT IS THE MISSION OF SPECIAL OLYMPICS – to provide year-round sports training and athletic competition in a variety of sports for all children and adults with an intellectual disability, 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.

WHO CAN PARTICIPATE IN AREA 3 SPECIAL OLYMPICS – a person who is at least 8 years old, lives in Charlottesville or the counties of Albemarle, Greene, Fluvanna, or Louisa, and meets the following:

- * Has been identified by an agency or professional as having an intellectual disability as determined by their localities.
- * Has a cognitive delay as determined by standardized measures such as intelligence quotient or "IQ" testing or other measures which are generally accepted within the professional community in Virginia as being a reliable measure of the existence of a cognitive delay.
- * Has a closely-related developmental disability, which means having functional limitations in both general learning (such as IQ) and in adaptive care (such as recreation, work, independent living, self-direction, or self-care).

HOW DOES ONE ENROLL FOR SPECIAL OLYMPICS – two forms must be completed and sent in to a Special Olympics representative:

- * An *Official Special Olympics Release Form* that requires a parent or guardian signature or the athlete if an adult.
- * An *Application for Participation in Special Olympics Form* that requires a physician's signature.

These forms and instructions for completing them can be found at the Special Olympics Virginia web site: <http://www.specialolympicsva.org/>, or the Area 3 web site: <http://www.area3specialolympicsva.org/>, or information can be obtained from Gene Arnold, Area 3 Coordinator, at 973-3185 or genearnold@comcast.net.

NEW ATHLETES AND VOLUNTEERS ALWAYS WELCOME