

Special Olympics <https://specialolympicswashington.org/>

Special Olympics is a global movement of people creating a new world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability. We are helping to make the world a better, healthier and more joyful place—one athlete, one volunteer, one family member at a time.



Who Are Our Athletes?

Everybody is different. Special Olympics is for people who are different because they learn new skills slowly. They are different in other ways as well. They have an **intellectual disability, or ID**. Intellectual disabilities happen in all cultures, races and countries. The goal of Special Olympics is to reach out to the nearly 200 million people in the world with ID. Our 5 million Special Olympics athletes—**ages 8 years old and up**—come from more than 170 countries. We also have a Young Athletes program for children ages 2 to 7. At any age and in every country, our athletes are learning new skills, making new friends and gaining in fitness and confidence.

Lewis County Special Olympics

lewiscountyspecialolympics@yahoo.com

<https://www.facebook.com/CelebratingAbilities>

We currently offer 6 sports. Spring Feb-June Swimming & Track & Field, Summer - June-August, Golf & Softball - Tball, Fall - August-Dec Bowling, Winter - Dec-March Basketball. All athlete's interested in joining need to have a current medical form completed and signed by their doctor, they need to be renewed every 3 years.

Special Olympics polar plunge

<https://impact.sowa.org/team/336443>



PLUNGE WEEK: FEB 22-26

The Polar Plunge—sometimes held in conjunction with the [Law Enforcement Torch Run](#)— is a huge fundraising effort benefiting Special Olympics and the athletes. In order to participate, individuals or teams collect pledges from friends, family, and colleagues to lock in their spot!

<https://youtu.be/91o-CVnFQsE>

Go to:

<https://polarplungewa.com/?fbclid=IwAR2A02mw2r5OMQrabT99jUDs2flhID3UktmY98BCRERt5RMxJSUGlmYKwvg>

The annual Special Olympics Washington Polar Plunge is one of our top fundraising events. While we may be miles apart this year, we can still come together virtually and say to Special Olympics athletes all over the state: WE SUPPORT YOU!

Join participants from across the nation as we SIGN UP, SPLASH, and SHARE our plunges online to raise funds and support for children and adults with intellectual disabilities throughout Washington state.

BONUS: Follow Special Olympics Washington on TikTok and Instagram for a chance to

DUET and form a “Splash Mob” with CELEBRITY GUESTS!





Lewis County Special Olympics Law Enforcement Torch Run



<https://www.facebook.com/lewiscountyspecialolympicstorchrn>

LETR began in 1981 when Wichita, Kansas Police Chief Richard LaMunyon created the Torch Run. He thought the Torch Run would help law enforcement be active in the community and support Special Olympics Kansas. In 1983, Chief LaMunyon presented the program to the International Association of Chiefs of Police (IACP). They decided to endorse Torch Run and became the "Founding Law Enforcement Organization." With the IACP's support, LETR became the movement's largest public awareness and fundraising group for Special Olympics.

The mission of the Law Enforcement Torch Run®(LETR) is to raise awareness and funds for the Special Olympics movement.

- General Info
 - Facebook page: <https://www.facebook.com/SpecialOlympicsWa>
- Other potential options:
 - Young Athletes: <https://resources.specialolympics.org/sports-essentials/young-athletes?locale=en>
 - Unified Schools: <https://specialolympicswashington.org/unified/unified-champion-schools/>
 - Athlete Leadership: <https://specialolympicswashington.org/programs-and-initiatives/athlete-leadership/#:~:text=The%20purpose%20of%20Athlete%20Leadership,inclusive%20communities%20around%20the%20state.>
 - Health Programs: <https://specialolympicswashington.org/health-initiatives/>
- Virtual Winter Games! The SOWA Virtual Winter Games are in full spring. Registration is closed but you can still join the activities and the live workshops.
 - Participation is open to anyone.
 - Check out the website here: <https://sowavirtualgames.org/>
 - This video explains how it works: https://www.youtube.com/watch?v=sf1frZg1Qao&feature=emb_imp_woyt
 - Here is the link to the live webinars: <https://sowavirtualgames.org/wp-content/uploads/2021/02/SOWA-VWG-ResourceFair-Workshops.pdf>
- Polar Plunge
 - Participation is free for athletes. Anyone that raises a minimum of \$50 will be sent an athlete kit.
 - Website: <https://polarplungewa.com/>
 - Check out our Facebook page for fun videos: <https://www.facebook.com/SpecialOlympicsWa>