



Unified Sports means two things for colleges. 1) Individuals with intellectual disabilities from the university or community are given the opportunity to participate in sports training and competitions. 2) Students with and without intellectual disabilities participate in sports alongside each other – inclusively.

CONTACT

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Special Olympics Minnesota Unified Sports

Unified Sports Programs

Compete in Unified Sports

Competitive Unified Sports are student athletes who form a team to scrimmage and play other local teams. Currently offered competitive sports: Flag Football, Golf, Gymnastics, Softball, Tennis, Volleyball, Aquatics, Athletics, Basketball, Bocce, Bowling, Equestrian

Host a Sports Clinic

Students can host a sport clinic for Special Olympic athletes to sharpen their skills and learn something new! Colleges also have the option of introducing a new sport.

Host Area or State Competition

Every year dozens of area and state competitions are held all throughout the state. Your college has the option to host one of these competitions at your facilities!

Host Young Athletes or Unified Juniors Program

Young Athletes is an innovative sports play program that introduces children ages two to seven years old, with and without intellectual disabilities to the world of sports. Each week focuses on a new set of motor skills. The program runs for one hour every week for seven to fourteen weeks.

Unified Juniors is meant to introduce children to the world of competitive sports in a gradual, fun and non-intimidating manner. Participants will gain knowledge of Special Olympics sports as well as the "Play Unified" movement. The program runs for one and a half hours every week for eight to nine weeks.

Play Unified. Live Unified.