



The Young Athlete Program (YAP) was developed in direct response to requests from families wanting to involve their young children in Special Olympics.

This program is based solely on participation; there is no competition.



Kids, ages 2 to 7, work on skills as

part of their daily routine. The skills these children learn will improve areas of their lives, including their participation in future Special Olympics and recreational competition.



## What is Young Athletes?

Our young athletes learn basic sports skills like kicking, throwing, and jumping while playing with others. Children with and without disabilities play together. Families also have the opportunity to get involved in the fun and connect with the Special Olympics community of support.



While young athletes practice their sports skills they gain motor skills like balance, flexibility, strength and coordination.

Young Athlete activity kits are good in group settings or to provide directed play in their homes.

## Program Impact

Young Athletes starts everybody on the right track. The children learn skills and push their limits in a fun way. Family members and supporters see more of the children's abilities, not their disabilities. Everyone becomes part of the Special Olympics community.

### In a recent impact study:

- Children involved in the 8 week curriculum program gained 7 months motor development compared to 2 months for the control group.
- Teachers and parents also reported improved social skills, language skills and kindergarten readiness skills.

*" The Young Athlete Program has not only helped our daughter learn about Special Olympics, but has helped her gain self confidence and courage as she practices the skills and is rewarded with friendships and strength. We look forward to a lifetime of Special Olympics..."*

*Mother of Young Athlete*

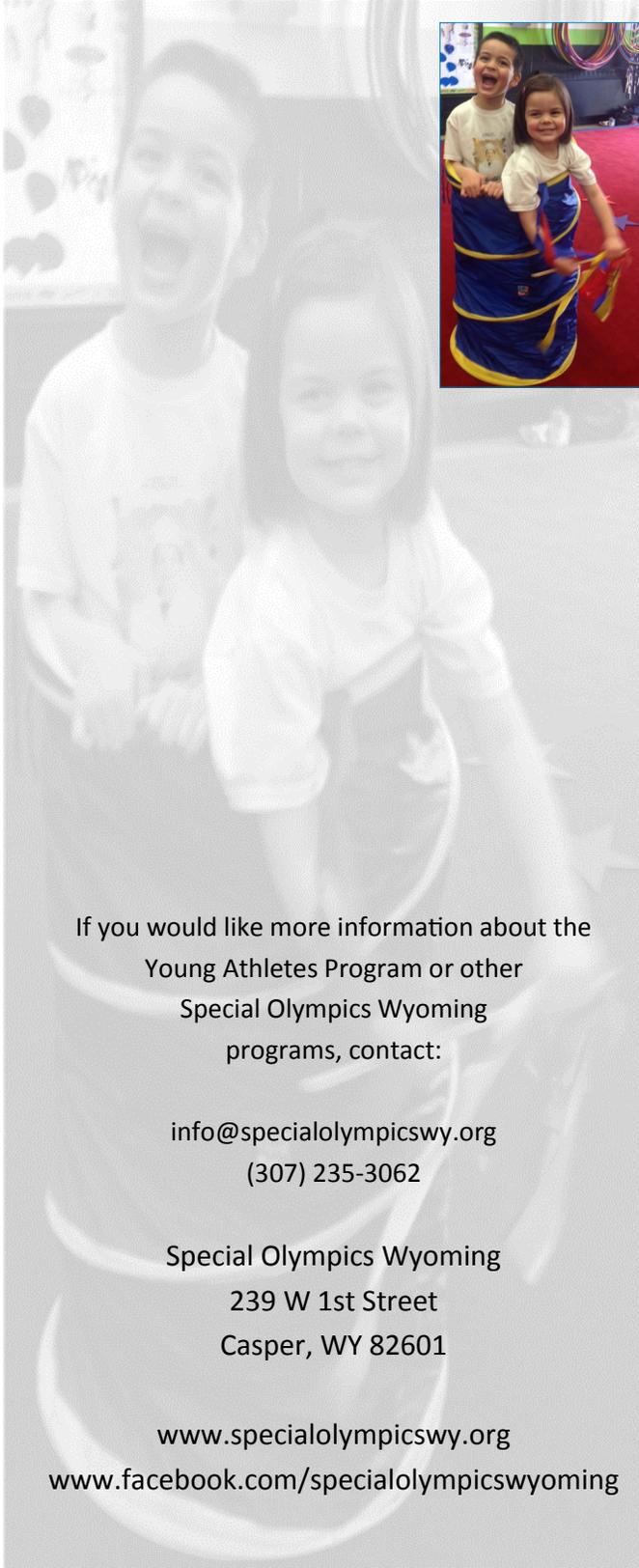


**Special Olympics**  
Wyoming

The Young Athletes Program is a great place to start your involvement with Special Olympics. We provide lifelong opportunities for people with and without disabilities, not only to play sports together, but also to develop leadership skills, volunteer, coach, build character, and much more. Please visit our website to get involved. We look forward to meeting you!

[www.specialolympicswy.org](http://www.specialolympicswy.org)

 Special Olympics  
**Young Athletes™**



If you would like more information about the Young Athletes Program or other Special Olympics Wyoming programs, contact:

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