



Special Olympics Team Canada - Key Messages

The members of Special Olympics Team Canada worked hard to reach this stage of international competition.

- Athletes qualified for 2019 Special Olympics Team Canada through their performances at the Special Olympics Canada 2018 Summer Games in Antigonish, Nova Scotia. They reached the National Games by advancing through regional and provincial competitions in their home provinces/territories.
- Team Canada currently consists of 109 athletes and 18 mission staff and 36 coaches
- Team Canada has representatives from all 12 participating Special Olympics Provincial/Territorial chapters from across Canada
- In the lead-up to the 2019 Special Olympics World Summer Games, Special Olympics Team Canada athletes have been training hard in their home programs with the support of volunteer training coaches who help with all aspects of performance preparation ahead of the World Games.
- Special Olympics Team Canada athletes are supported by a strong national team training program that provides a formalized approach to training and preparing for the World Games competition.
- Athletes commit to an enhanced training regimen and take part in all aspects of the conditioning and training program, ranging from physical and mental training to committing to a healthy lifestyle and taking part in team opportunities such as multi-day training camps.

For more information on Special Olympics Team Canada, go to specialolympics.ca/TeamCanada or follow us on Twitter and Facebook @SpecialOCanada or use our official Games hashtag #SOTeamCanada19, #ÉquipeOSCanada19.

PR & Media please contact:

Karen Cinq Mars, Director Marketing & Communications
Kcinqmars@specialolympics.ca