



Special Olympics Team Canada 2019 Backgrounder

Special Olympics Canada Mission:

Special Olympics Canada is dedicated to enriching the lives of individuals with an intellectual disability through sport.

Established in 1969, the Canadian chapter of this international movement is dedicated to enriching the lives of Canadians with an intellectual disability through the transformative power and joy of sport. Operating out of sport clubs in 12 provincial and territorial Chapters, this grassroots movement reaches beyond the sphere of sport to empower individuals, change attitudes and build communities. From two-year-olds to mature adults, more than 45,000 athletes with an intellectual disability are registered in Special Olympics year-round programs across Canada. They are supported by more than 21,000 volunteers, including more than 16,000 trained coaches.

About the National Team Program:

Special Olympics Canada's National Team Program is designed to provide athletes, coaches and mission staff with a formalized approach to training and preparation for World Games. The program ensures that Special Olympics athletes in Canada have access to quality training, coaching and competitive opportunities to ensure optimal performance and a positive experience as a member of the National Team. The National Team Program consists of a yearly training plan that is carried out in conjunction with the athlete's Training Coach and monitored by National Team Coaches. Within the training plan, athletes are exposed to a variety of tools to improve their skills, including:

- Sport Science – an emphasis on mental training, fitness and nutrition
- Training Camps – one full-team training camp and one sport-specific training camp
- Training Monitoring – training diaries, monthly training reports, assessment and revision of yearly training plan, periodic fitness testing
- Communication – ongoing contact between Training Coaches and National Team Coaches
- Competition – opportunities leading up to and during the Games

The first training camps will be held in Orangeville, Ontario over two consecutive 4- day periods; October 11-14 and October 18-21.

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 or #ÉquipeOSCanada19.

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