

# Special Olympics World Games & National Team Program



## Special Olympics on the World Stage

### Special Olympics World Games

The World Games are the flagship event for the Special Olympics movement and take place every two years, alternating between summer and winter Games. The World Games feature more than a week of intense, yet inspiring, competition among thousands of athletes.

## Supporting our World-Class Athletes

### National Team Program

The National Team Program (NTP) was developed by Special Olympics Canada to better equip our athletes, coaches and mission staff attending World Games. The NTP 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.

#### Areas of focus for the National Team Program include:

- Sport Science – emphasis on fitness, nutrition and mental performance
- Training Camps – one full team training camp and one sport specific training camp
- Training Monitoring – regular reporting through an online tool, development, assessment and revision of training plans, baseline and pre-Games fitness testing
- Communication – ongoing contact between Training Coaches and National Team Coaches
- Professional Development – individual and group opportunities for coaches and mission staff including the provision of funds to support these initiatives
- Mission Meetings – one in-person and one virtual meeting for all coaches and mission staff

#### National Team Program Committee

The National Team Program Committee is a sub-committee of the Canadian Sports Council of Special Olympics Canada providing guidance, support and recommendations on the development and implementation of the National Team Program (NTP).

The NTP Committee (NTP-C) is a link between the National Office, Chapters and the National Team Program. SOC, the NTP-C, Special Olympics Team Canada (SOTC) Leadership and the Canadian Sport Council (CSC) work together to support, develop, enhance and evaluate the NTP.

The primary role of the NTP-C is the selection of SOTC Leadership, mission staff and coaches for the upcoming World Games.