

## *Taking the First Steps:*

- Talk to current Coaches and Head of Delegations about adult teams.
- Contact your area Special Olympics Texas office for up-to-date information about adult teams in your area.
- Visit the Special Olympics Texas website at [www.specialolympicstexas.org](http://www.specialolympicstexas.org).
- Talk to your coach about an 'alumni' team for you and your fellow athlete/graduates.



## *Special Olympics Texas Mission*

The mission of Special Olympics Texas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and their community.



**Special Olympics**  
*Texas*

Be a fan..

## *Transition Planning Includes Special Olympics Texas*



**Making the TRANSITION from  
a School-based to an Adult  
Special Olympics Texas Team**



**Special Olympics**  
*Texas*

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## *What Is Special Olympics Texas?*

Special Olympics Texas provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

- SOTX athletes are all ages; adult athletes make up a large percentage of the total number of athletes.
- SOTX athletes can participate in 22 sports, such as basketball, golf and soccer.
- Athletes train for a minimum of eight weeks prior to each competition.
- In addition to sports, SOTX offers athletes opportunities to learn public speaking and leadership.



## *Background: Transition*

Graduation from high school signifies the end of one phase of a youth's life and the beginning of a new one. All too often, the end of public education also signifies the end of Special Olympics participation. It happens when an athlete is no longer eligible for school-based participation on a Special Olympics team, and lacks information about available Special Olympics opportunities for adults. However, through the school's transition planning process in the Individual Education Program (IEP) for high school-aged students, the school program goes beyond academics to include preparation for adult living. The IEP can include specific activities or steps to ensure that the youth will be linked to an adult team without interruption in their sports training and competition.

## *Why Should An Athlete Continue Involvement in Special Olympics Texas As An Adult?*

Participation:

- Promotes independent living, employment and further education goals.
- Maintains involvement, skills and relationships with friends.
- Encourages travel skills and responsibilities related to practices and competitions.
- Contributes to physical fitness, well being, and socialization.

## *Making the Transition: How?*

Transitioning to adulthood does not have to be a difficult experience. By developing a step-by-step plan to reach a post-school goal, every athlete can be successful.

### **How Special Olympics might 'look' in a student's IEP:**

- There may be an annual IEP goal related to travel training so that a youth would learn how to independently use public transportation or a para-transit system, ride share, etc. to get to practices with an adult delegation after graduation.
- There could be a postsecondary transition goal to locate and participate in Special Olympics programs through an adult team.
- Another possibility could be a training goal to learn the skills for a sport that is available through a local adult team, but not currently offered by the school-based program.

Preparation and action steps are the hallmarks of good transition planning.

