



SOMN.ORG

Special Olympics Minnesota UNIFIED SPORTS

Unified Sports pairs athletes with and without intellectual disabilities on the same team. By participating together, athletes and partners improve their physical fitness, sharpen their skills, challenge the competition and overcome prejudices about intellectual disabilities.

FAQs

Why should I play Unified Sports?

Unified Sports offers an inclusive playing field for athletes with and without intellectual disabilities. The athletes practice and compete together, which challenges each athlete's abilities, builds new friendships, overcomes social barriers and allows athletes to play the sport they love.

How can I start a Unified team?

For more information about how to start a Unified team at your school or in your community, please contact the local Farmington Tigers delegation using the contact information below.

Which Farmington Tigers sports are offered as Unified Sports?

Unified Basketball
Unified Bocce
Unified Bowling
Unified Gymnastics
Athletics & Swimming Unified Relays

"Having spent the last 19 years advocating for inclusion for my son and others with special needs, Unified Sports was the perfect platform to promote it."

Mark Kelsey
Coach, West Metro Warriors

Special Olympics Minnesota offers 17 Olympics-type sports, 12 of which are Unified, to approximately 8,200 people with intellectual disabilities throughout the state. All skill levels and abilities are welcome to compete.

Join the Unified Sports movement today by contacting your Special Olympics Minnesota Farmington Tigers delegation!

CONTACT

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