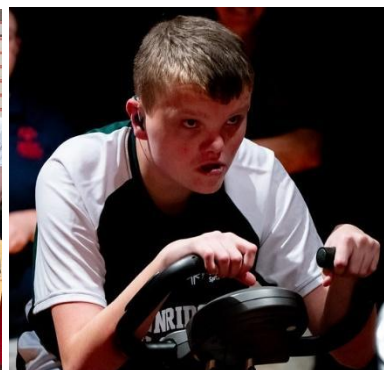


Special Olympics Pennsylvania Interscholastic Unified Sports®

Special Olympics Pennsylvania (SOPA) Interscholastic Unified Sports® (IUS) is a fully-inclusive co-ed high school sports program which successfully brings together students with and without disabilities. They train together and compete as equal teammates and through this experience, become friends. IUS teams are treated the same as every other interscholastic sports team at the high school.



Interscholastic Unified Strength & Conditioning

Roster: A Unified Strength and Conditioning team can have a minimum of 6 and maximum of 16 participants who are in the 9th-12th grades. Students receiving services from the school district until the age of 21 also are eligible. The team is co-ed and consists of a proportional number of high school students with and without intellectual or developmental disabilities. All students need to complete the PIAA paperwork (physical examination/parental consent) and SOPA consent form.

Season: The 8-10 week long season begins in September and runs through early November. Teams are required to practice after school twice a week. They participate in a minimum of three competitions against other high school Unified Strength and Conditioning teams in their area, and can advance to a regional and state championship co-hosted by the Pennsylvania Interscholastic Athletic Association (PIAA). Team members wear uniforms with their school's name and colors.

Format: Each team member selects 2 events in which to train and compete. A Special Olympics athlete and Unified partner are paired together based on the event and their interest/compatibility. They train and push each other to be their very best throughout the season. The Special Olympics athlete can have the same Unified partner for each of the two events or a Unified partner for one event and a different Unified partner for another event.

Competition: Teams receive points based on the outcomes achieved by the Unified pairs in their events. As best as possible, Unified pairs are placed in divisions with others of comparable qualifying marks. The results of the Special Olympics athlete and their Unified partner are added together (i.e., total weight lifted, number of successful clearances in jump rope, etc.) to determine the place of finish in their division. 1st place earns 5 points, 2nd place earns 3 points, and 3rd place earns 1 point. The team's final score is the total accrued points for all events by the Unified pairs.

Events

Bench Press
Jump Rope

Dead Lift
Broad Jump

Shuttle Run
Indoor Cycling

Race Walk Relay

Short Promotional Video: <https://youtu.be/6rER6detvms>