

PROJECT UNIFY

Component #1 – Unified Sports

What is Unified Sports®? - Teammates with intellectual disabilities (Athletes) participate with teammates without intellectual disabilities (Partners) to practice and play together on Unified Sports teams. Team sports are about having fun, promoting physical health and bringing people together. Special Olympics Unified Sports® teams do all of that while shattering stereotypes about intellectual disabilities in the process.

- **Unified Sports® Competitive Format** - Teams are made up of players with a minimal difference in talent/ability between the best and the worst player. Games can be highly competitive.
- **Unified Sports® Player Development Format** - Teams are created where the highest skilled player(s) can be significantly better than the lower skilled player(s). The games are focused on fun for everyone and skill development for the players with less skill.
- **Unified Sports® Recreation Format** - Teams are composed of athletes and partners that are **NOT** of similar age or ability. The games are non-competitive opportunities for athletes and partners to participate in the Unified Sports Experience.

Component #2 – Inclusive Youth Leadership

What is Youth Activation Committee (YAC)? - A group of student leaders who work toward increasing the positive impact youth can have in the school. These students will serve as ambassadors that motivate and educate their peers while organizing school-wide events that promote unity and equality for all.

Component #3 – Whole –School Engagement

- **Fans In The Stands** – Every athlete needs a fan to support them while they are competing in sports. Fans in the Stands is a great way to promote respect and advocacy for student-athletes (with and without intellectual disabilities) during Special Olympics sporting events.
- **R-Word Campaign** – Everyone deserves respect in and out of school. The purpose of this campaign is to eliminate the word ‘retarded’ school – wide and to provide awareness of the harmful effects that this word causes for students with intellectual disabilities. The R-Word campaign typically takes place during school events, pep rallies, lunch, etc.