



**Special  
Olympics**  
Virginia

## Staying Involved After High School

Graduation from high school signifies the end of one phase of your life and the beginning of a new one. We invite any student with an intellectual disability who is approaching graduation to participate in a community-based Area program for continued sports experiences. There is no age limit and it's free.



All too often, students and families are unaware of available Special Olympics opportunities for adults. Through the school's transition planning process, a goal can be set to continue in the joy of Special Olympics.

### Next Steps

**Join** an existing adult/community team or create an "alumni" team with fellow graduates. We offer track & field, bowling, basketball, soccer and more. Visit the Be An Athlete page on our website (under Sports) to get started.

**Get involved** with non-competitive programs like our Global Messengers speakers bureau and Healthy Athletes to improve your life off the playing field.

### Why Stay Involved?

- Improve fitness, health & avoid a sedentary lifestyle
- Nourish friendships & family relationships
- Grow self-confidence
- Enhance skills for independent living
- Improve social interactions & quality of life
- It's fun!

Contact us at [info@specialolympicsva.org](mailto:info@specialolympicsva.org) or 800.932.4653 with any questions!

