



**Special Olympics**  
New York

**CENTRAL REGION**

6315 Fly Road  
East Syracuse, NY 13057  
Phone: 315-314-6839, Fax: 315-314-6844  
[www.specialolympicsNY.org](http://www.specialolympicsNY.org)

Dear Parents and Educators,

Special Olympics New York would like to introduce to you a program called Young Athletes. Over the years, Special Olympics heard from many families, coaches, and teachers who wished they could get their children involved in Special Olympics before they reached the age of eight. The Young Athletes program is an innovative sports play program for children ages 2-7 with intellectual disabilities and their peers. Through Young Athletes, volunteers introduce young children to the world of sport, with the goal of preparing them for Special Olympics sports training and competition when they get older.

The program is designed to address two specific levels of play. Level one includes physical activities focused on developing fundamental motor tracking and hand-eye coordination. Level two concentrates on the application of these physical activities through a sports skills activity program and developing skills consistent with Special Olympics sports play. The Young Athletes program will prove to be beneficial on multiple levels as the activities will help children improve physically, cognitively, and socially. The activities consist of foundational skills, walking and running, balance and jumping, throwing, striking, kicking, and advanced skills.

We are extremely excited about this program and are currently looking for potential families to be involved and sites to host the program. For more information on getting involved, hosting a program, or if you have any questions regarding Special Olympics, please contact the Central Region office at 315-314-6839.

Sincerely,

Sean Coakley  
Central Region Program Director  
Special Olympics New York

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