



## SPECIAL OLYMPICS HEALTHY ATHLETES

*Special Olympics Ohio, The University of Toledo Office of Recreational Services and the UT School of Exercise and Rehabilitative Services along with Lucas County Special Olympics*

### PRESENTS

**Healthy Athletes** is a program designed to improve the athletes health and fitness and their ability to train and compete in Special Olympics as well as in life.

There will be two, 6 week sessions held at the University of Toledo Recreation Center. Sessions are one day per week for 2 hours each day. The 2 hour sessions will include 1.5 hours of fitness training and a half hour of educational information on topics including nutrition, wellness and sportsmanship. Each athlete's "fitness" will be assessed by UT Exercise Science students at the beginning and the end of the session. Athletes must be at least 16 years of age to participate and a Special Olympics athlete.

### **THERE IS NO COST AND EACH SESSION IS LIMITED TO 10 PARTICIPANTS!!!!**

- **SESSION ONE:** Tuesdays, January 16 – February 23, 2018, from 3:30pm to 5:30pm. This session offers an individualized fitness plan based on the assessment of each participants current abilities and skills in their chosen sport.
- **SESSION TWO:** Tuesdays, March 12- April 20, 2018, from 3:30pm – 5:30pm. The focus of this session is track and field. Athletes who want to improve their track and field skills will be assessed and a fitness plan developed to help them achieve their goals.



Please complete the attached form and return to Mary Beth Olender at 1154 Larc Lane, Toledo, 43614 or email to [molender@lucasdd.org](mailto:molender@lucasdd.org). This is first come first serve!! DEADLINE TO REGISTER is January 5.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ DoB \_\_\_\_\_

ADDRESS \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name and Phone \_\_\_\_\_

**Check ONE only please:**     SESSION ONE     SESSION TWO

List the sports in which you participate: \_\_\_\_\_