



## 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 ANOTHER HEALTHY ATHLETES SESSION FOR FALL 2019!!**

**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.

The program is **6 weeks and all sessions** will be held at the University of Toledo Recreation Center, 2800 Rocket Dr. 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 THE SESSION IS LIMITED TO 15 PARTICIPANTS!!!!**

**The Fall Sessions is WEDNESDAYS September 18 – October 23, 2019, 3:30-5:30pm-**

---

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). Call 419-380-5141 if you have questions. This is first come first serve!!!

**DEADLINE TO REGISTER is September 6, 2019**

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

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

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

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

Any special accommodations needed? \_\_\_\_\_

**NEW** Parking Permits-If you need one please provide: **ONLY this car will be registered for Lot parking only.**

License # \_\_\_\_\_, Make \_\_\_\_\_, Model \_\_\_\_\_, Year \_\_\_\_\_, Color \_\_\_\_\_