



Unified Sports

Special Olympics is dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Young people with disabilities do not often get a chance to play on their school sports teams. More and more U.S. states are adopting the Unified Sports approach that Special Olympics pioneered. In Unified Sports, teams are made up of people of similar age and ability. That makes practices more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away.

Overland High School has been competing in Unified Sports since 2010. We began with basketball and have expanded to 3 sports. We have had 6 undefeated seasonal championships in Unified Basketball and competed at the national level for Special Olympics in basketball. We won gold medals for our division at the National Summer Games in 2014. Overland High School was also recognized in 2013 for being a Unified Champion School.

Questions?

Contact the Unified Sports Coordinator, Heather Forth.

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