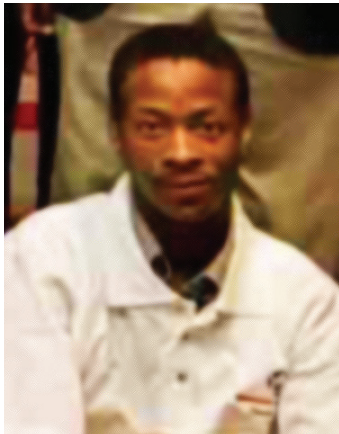


A T H L E T E P R O F I L E

ARNOLD BONGANE NGQULUNGA



3 JULY 2010 • CAPE TOWN, SOUTH AFRICA



AGE: 25
COUNTRY: South Africa
HOMETOWN: Gauteng
POSITION: Defender



STORY: Arnold is a defender who has been playing football for more than 10 years. His involvement with Special Olympics has helped him to overcome many challenges. While he originally started school at the main Mdeni primary school with other children, in 2005 his teachers realized he has an intellectual disability (I.D.) and he was moved to the Jocod Center for those with I.D. Many of his former classmates were mean to him but Arnold did not let that stop him from excelling. He instead chose to focus his attention on participating in sport at his new school, which is how he came to participate with Special Olympics.

He has since excelled in his time with Special Olympics as Arnold is a very outgoing and ambitious young man. The 25 year-old from South Africa not only plays football, but he enjoys floor hockey and swimming as well. Beyond playing he also really enjoys coaching younger Special Olympics athletes in football. Outside of Special Olympics, Arnold helps to organize sporting events at the youth center where he works and coaches.

Arnold's most recent achievement is that he will be the coach of a local South African unified football team which will participate in the 2010 Special Olympics South Africa National Summer Games this September. So now, before he takes his team to this special event, he is also proud to represent his country playing football at the Unity Cup match this July,

Arnold says that Special Olympics has given him knowledge and experience in many different areas. Through Special Olympics he has learned time management, leadership skills and more than anything, responsibility, which has lead him to be more independent.