



I'm In! Healthy Families

When families choose to make healthy living a priority, athletes are more successful in their sports and motivated to make healthy choices on their own.

I pledge to:

- Practice coach-recommended sports skills with athletes every week.
- Turn off the TV during meals and share some family time.
- Shut down my computer and go outside to play for an hour a day.
- Play active games with your children aged 2-7 years old using the Young Athletes Activity Guide.
- Use the TRAIN @ Home Nutrition and Exercise Guides.
- Get athletes and siblings involved in preparing healthy well-balanced meals and snacks.
- Drink water when I am thirsty.
- Make sure all family members have regular health check-ups.
- Try new things in the community to develop hobbies, friendships and independence.
- Wash my hands after using the latrine and before and after meals.

Name _____

Program _____

e-mail address or phone number _____





I'm In! Family Volunteer

The success of Special Olympics depends on volunteers. There is a role for every family member in the Movement.

I pledge to:

- Lead or join my Family Support Network.
- Host Family Forums for fathers and siblings, as well as mothers.
- Be a coach or assist a coach for a season.
- Lead a Sports Club in my neighborhood.
- Join the fundraising committee and help organize events.
- Join the Family Committee or other leadership committees to be part of the decision making.
- Mentor an Athlete Leader to support them in being spokespersons for the Movement.
- Share technology skills to help set up a website, Facebook page, or e-mail distribution list for families.
- Be part of the Games Management Team for my local, national or regional games.
- Train athletes as coaches and coach assistants.



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Special Olympics
WORLD SUMMER GAMES
ATHENS 2011

I'm In! Young Athlete Leader

Early childhood is a crucial time for children to develop foundational skills and for their family members to be involved in a supportive network. The Young Athletes Program is highly successful in meeting the need.

I pledge to:

- Coach a Young Athletes program in my community or school using the Activity Guide.
- Share the Activity Guide to help families play with and teach young athletes at home.
- Host a community outreach meeting for families with young children to share their stories.
- Recruit young athletes from schools, the community or parent organization.
- Conduct a Young Athletes Program demonstration for families, teachers and policymakers.
- Lead a fundraiser to purchase play equipment for families, playgroups and preschools to use.
- Plan Healthy Athlete screenings of young children and invite the community to attend.
- Reach out to parents of young children to join the Family Support Network and Family Forums.
- Train athletes to coach young athletes using the Activity Guide.
- Keep track of the physical, verbal and social skills children demonstrate they have learned.

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I'm In! Community Builder



The Special Olympics Movement is proven to make a difference in the lives of millions of athletes. Yet more work is needed around the world to reach vulnerable populations and build communities of change.

I pledge to:

- Recruit new athletes and young athletes.
- Tell the media about athletes' successes and challenges and invite them to witness sports programs.
- Share my family story with my local newspaper.
- Invite policymakers and influencers to competitions, Young Athletes Demonstrations, and Unified Sports.
- Let my employer and other business leaders know what they can do to support Special Olympics.
- Invite the public to Healthy Athlete screenings, games, Young Athletes Demonstrations, and Family Forums.
- Share Special Olympics news through social media, like Facebook and Twitter.
- Represent my program at National or Regional Family Forums and share what I have learned with other families.
- Celebrate Eunice Kennedy Shriver Day and take action to promote inclusion, acceptance and unity.
- Be a leader for the Movement whenever the opportunity arises!

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