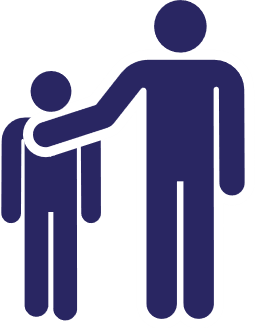
**Volunteer Pathways**

**Parents, Caregivers & Siblings**

Special Olympics offers the perfect platform to become an engaged sibling, parent or caregiver! Explore some options below.



**Parent and Caregiver Pathway**

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|  |  | **Parent and Caregiver Pathway** |  |
|  |  | **Support:** |  |
|  |  | * Cheer on your athlete at practices and competitions. * Take time to meet your athlete's coach, ask questions, and learn about Special Olympics. |  |
|  |  |  |  |
|  |  | **Volunteer:** |  |
|  |  | * Volunteer at local Special Olympics events. * Assist with health screenings and education at Healthy Athletes® events. * Officiate at Special Olympics sporting events. |  |
|  |  |  |  |
|  |  | **Participate:** |  |
|  |  | * Participate in or lead a Young Athletes Program for children ages 2-7. * Be a Unified Sports® partner with your athlete. * Become a Special Olympics coach. * Use your expertise to support your local Special Olympics office (ex: media, IT, graphic design, fundraising, etc.). * Attend or support the planning of a Family Health Forum * Become a Healthy Athletes® Clinical Director |  |
|  |  |  |  |
|  |  | **Get Fit:** |  |
|  |  | * Join a Unified Fitness Club to get fit with athletes and supporters. * Compete in the 6-week Fit Families challenge. * Join SOfit, an 8-week Unified Program that teaches fitness and holistic wellness. |  |
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|  |  | **Connect:** |  |
|  |  | * Join or initiate a Special Olympics Family Support Networks to share ideas and experiences with other siblings and family members. |  |
|  |  |  |  |
|  |  | **Advocate:** |  |
|  |  | * Spread inclusion in your community as a trained Family Leader. * Become a Special Olympics Program leader. * Work with your Special Olympics Program leadership to advocate to governments for inclusive education. |  |

**Sibling Pathway**



Sibling Pathway

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| --- | --- | --- | --- |
|  |  | **Support:** |  |
|  |  | * Cheer on your sibling at practices and competitions. |  |
|  |  |  |  |
|  |  | **Volunteer:** |  |
|  |  | * Volunteer at local Special Olympics events. * Assist with health screenings and education at Healthy Athletes® events. * Officiate at Special Olympics sporting events. |  |
|  |  |  |  |
|  |  | **Participate:** |  |
|  |  | * Participate in or lead a Young Athletes Program for children ages 2-7. * Be a Unified Sports® partner with your sibling or other athlete with disabilities. * Join the Special Olympics club/society/student group at your university. * Become a Special Olympics coach. * Attend or support the planning of a Family Health Forum. |  |
|  |  |  |  |
|  |  | **Get Fit:** |  |
|  |  | * Join a Unified Fitness Club to get fit with athletes and supporters. * Compete in the 6-week Fit Families challenge. * Join SOfit, an 8-week Unified Program that teaches fitness and holistic wellness. |  |
|  |  |  |  |
|  |  | **Connect:** |  |
|  |  | * Join or initiate a Special Olympics Family Support Network to share ideas and experiences with other siblings and family members. |  |
|  |  |  |  |
|  |  | **Advocate:** |  |
|  |  | * Spread inclusion in your community as a trained Family Leader. * Become a Special Olympics Program leader. |  |
|  |  |  |  |