



Getting Started Checklist

Unified Sports Competitive & Player Development Styles

- 1. Meet with the Unified Champion School Leadership Team** to discuss getting a Unified Sports team started in your school. Develop a timeline for recruiting players, organizing, and preparing for the season.
- 2. Contact your state Special Olympics office** to begin the process of forming a Unified Sports program or team at your school.
- 3. Choose the sport** that the school will implement and when/where it will take place.
- 4. Recruit an adult head coach and identify others** who can support the team in different ways.
- 5. Have coaches complete the training required** by your state Special Olympics office. A free online course on Coaching Special Olympics Unified Sports is available at <https://nfhslearn.com/courses/coaching-unified-sports>.
- 6. Recruit students with and without intellectual disabilities.** Ensure that there will be a meaningful role for each student who is interested in participating:
 - **Player Development:** Focus recruitment on students without disabilities who will be of similar age as students with disabilities and be committed to the program or team.
 - **Competitive:** Use a targeted approach to focus recruitment on students with and without disabilities who will be of similar ability and will be committed to the team.
- 7. Ask interested students/parents** to complete and submit required participation forms in a timely manner.
- 8. Establish a practice or training schedule.** Establish a competition schedule for intramural or interscholastic teams.
- 9. Address transportation, equipment, uniform, and facility needs,** if necessary.
- 10. Conduct team orientation meeting** (which may involve parents).
- 11. Use the school's website or social media** to post photos, videos, and stories about the team.