Unified Sports® is where individuals with and without intellectual disabilities train and compete on the same team. Unified Sports seeks to inspire and mobilize youth to connect with people with intellectual disabilities. In doing this, our youth and young leaders create inclusive communities, which leads to a more respectful world for everyone. Check out how Unified Sports are a game changer at [https://www.youtube.com/watch?v=VIzgPIWuc4U&feature=youtu.be](https://www.youtube.com/watch?v=VIzgPIWuc4U&feature=youtu.be)

Unified Sports® in Utah. Special Olympics Utah ("SO Utah") has a partnership with the Utah High School Activities Association (UHSAA) to bring Unified Sports® to Utah’s high schools. Students with and without intellectual disabilities, on co-ed teams, train, practice, and compete together in a regular spring season of soccer and track. Schools then qualify to compete in the state championship for the opportunity to bring back the State Unified Championship trophy and honor to their school. Learn what Unified Sports can do for your school. [https://www.youtube.com/watch?v=dzE3DgJl8Lk](https://www.youtube.com/watch?v=dzE3DgJl8Lk)

Unified Champion Schools. A Unified Champion School is a school that is pro-actively working to create an inclusive school environment through Unified Sports®, inclusive leadership, and whole school engagement. Learn more on page two.

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### Editors:

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Leaders in Unified Champion Schools

Unified Sports Partner of 2015 – Boston Iacobazzi

As a freshman at Hillcrest High School, Boston served as a tutor in the Special Education class. The teacher, Ms. Joann Plant, asked Boston to help with the Hillcrest Unified Sports Soccer Team, and Boston quickly saw the power for good in Unified Sports. “Unified Sports are fun and positive. There’s nothing negative,” said Boston. “High School can be so stressful, but when you go to Unified Sports it’s all positive and safe.” Challenged by Ms. Plant to come up with a project to support Hillcrest and Unified Sports, Boston reached out to Real Salt Lake (RSL). Boston thought he might get a Real Salt Lake player to come speak to the school, instead, the RSL community affairs director was so taken by Boston’s enthusiasm for Unified Sports she asked to meet with Special Olympics Utah, and now the RSL Foundation and Special Olympics Utah have a partnership and a RSL Unified Sports Team. For anyone who doubts the power of sports to change lives and the power of one to make a difference, we ask them: “Have you met Boston?”

Leadership – Jeshua VanSickle

Special Olympics Utah also has partnerships with Colleges and Universities through College Clubs that function as an official club on campus. Created by college students, the students share a common goal of enhancing the lives of people with intellectual disabilities and building a more accepting world for all.

In March 2017, Weber State student Jeshua VanSickle, was recognized for his efforts through the Weber State College Club.

Jeshua was selected to represent Utah and the United States at the Global Youth Leadership Summit in conjunction with the 2017 World Winter Games in Austria in March. He joined over 40 youth leaders from around the world who collaborated in a week-long summit to help build a Unified Generation.

Jeshua’s project, “Unify Utah,” uses the Global Messengers training program to create leaders from the universities in Utah. These leaders will then help to train and inspire high school age students to lead the Play Unified movement in their schools.

Jeshua presented his project to over 100 attendees, youth leaders, and government officials during the summit.

We appreciate Jeshua for working for a Unified Generation!

Learn how to start a Unified Champion Schools at: http://sout.org/sports-and-fitness-programs/project-unify/

Find out how to become a Unified Sports school in 2018 at: http://www.uhsaa.org/uniified/
Coaches Corner
By Jonathan Embler, VP of Sports Programs

While reading a post by Wayne Goldsmith on ways to improve both training and coaching, I stumbled across his 101 Coaching Tips. It was very insightful and it is valuable information. These tips can be utilized by professional, collegiate, high schools, youth, and most importantly, the most talented coaches of the bunch... Special Olympics coaches. Here are a few that no matter your experience level, they are beneficial:

1. Plan.
3. What you may lack in knowledge, make up for with enthusiasm, desire and passion.
4. Believe in your athletes – they believe in you.
5. Coach the person not the athlete.
6. Listen to your athletes.
7. Be firm and fair.
8. Concentrate on the performance not the outcome.
9. The coach is the creator of positive experiences.
10. Praise and positive reinforcement are tools for the coach.
11. Athletes listen when the coach listens to them.

These are just some of the few. If you would like to look at the whole list, you can find it here: http://www.wgcoaching.com/101-coaching-tips/
Harmons “Go For The Gold Campaign”

Bowling, Root Beer Floats and Golf!
March was a busy month for our friends at Harmons Neighborhood Grocers as they completed their 23rd year of support for Special Olympics Utah during March and their “Go for the Gold” Campaign.

Our athletes joined the Harmons team at all the events and shared a common goal of bringing awareness and inclusiveness to our communities. We are honored to have Harmons Neighborhood Grocer as our Presenting Sponsor! Total campaign fundraising amounts will be announced in the June Special Edition Newsletter!

All of us at Special Olympics Utah express our heartfelt thanks for all that Harmons does to support our incredible Special Olympics Utah athletes.

Our Heartfelt Thanks to our Year-Round Sponsors of 2016-2017

Presenting Sponsor!
Mission
Charities

Special Olympics was created by the Joseph P. Kennedy Foundation for the benefit of individuals with intellectual disabilities and was founded in 1968 by his sister Eunice Kennedy Shriver.

Using sports as the catalyst and programming around health and education, Special Olympics Utah works for individuals with intellectual disabilities to be accepted and valued members of their communities, which leads to a more respectful and inclusive society for all.