



Creating Meaningful Involvement in Unified Sports

Unified Sports embraces the philosophy and principles of Special Olympics. When selecting your Unified Sports team you want to achieve meaningful involvement throughout your sport season. Unified Spots teams are organized to provide meaningful involvement for all athletes and partners. Every teammate should play a role and have the opportunity to contribute to the team. Meaningful involvement also refers to the quality of interaction and competition within a Unified Sports team. Achieving meaningful involvement by all teammates on the team ensures a positive and rewarding experience for everyone.

Indicators of Meaningful Involvement

- ◆ Teammates compete without causing undue risk of injury to themselves or others.
- ◆ Teammates compete according to the rules of competition.
- ◆ Teammates have the ability and opportunity to contribute to the performance of the team.
- ◆ Teammates understand how to blend their skills with those of other athletes, resulting in improved performance by athletes with lesser abilities.

Meaningful Involvement Is Not Achieved When Team Members

- ◆ Have superior sports skills in comparison to their fellow team members.
- ◆ Act as on-field coaches, rather than teammates.
- ◆ Control most aspects of the competition during critical periods of the game.
- ◆ Do not train or practice regularly, and only show up on the day of competition.
- ◆ Lower their level of ability dramatically, so they do not hurt others or control the entire game.