



## **Special Olympics** *Virginia*

### **Area 11 Special Olympics Virginia**

**Special Olympics** is a year-round international program of sports training and athletic competition for children and adults with intellectual disabilities. **Special Olympics Virginia** (SOVA) is the state program of Special Olympics Incorporated. Area 11 of SOVA serves the City of Fredericksburg, Spotsylvania, Stafford, King George and Caroline Counties.

### **Mission**

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

### **Goal**

To help bring all persons with intellectual disabilities into the larger society under conditions whereby they are accepted, respected and given the chance to become useful and productive citizens.

### **Training for Life**

For our athletes, the training never stops and the benefits last a lifetime. A 1995 Yale University study proved it: Special Olympics athletes do better at school, at work and at home than their peers not involved in our year-round sports program.

### **Fund Raising**

We need the communities help. We need your financial support to assist us in affording persons with intellectual disabilities the opportunity to become physically fit, develop cooperation and social skills, and increase their self-esteem, all while competing in an Olympic-type sports program.

### **Contact Us**

Donations can be mailed to:

*Area 11 Special Olympics*

*P.O. Box 218*

*Fredericksburg, VA 22487*

Our Web Site:

<http://www.area11sova.org/>

Our E-Mail Address:

[area11sova@area11sova.org](mailto:area11sova@area11sova.org)