

## UNIFIED SPORTS - FALL 2020

Unified Sports is alive and well this fall. Our staff has worked hard to provide multiple options to make sure our Unified teams can continue to be active despite the restrictions imposed by social distancing and virtual instruction. It is vital that our Unified Teammates continue to enhance their connections during this time. It is so easy for some of our students to feel isolated and our Unified activities can help counteract this possibility! Here are some of the opportunities available this fall:

### UNIFIED SPORTS

We have a full schedule planned and, as conditions warrant, we hope to sponsor sports tournaments and events as we always have. We will, and school programs should, follow the [CIAC sports implementation plans](#) as well as the state of [CT guidelines](#) (starting on page 6) . Even when sports are allowed to move forward the current CT guidelines limit athletic events to two teams so we are in a holding pattern as far as tournament hosting until the situation changes.

We hope that schools will continue to schedule interscholastic events this fall and we will support you with medals and T-shirts as supplies allow. Let us know your plans!

### GAMES AND CHALLENGES

**E-Sports** will be happening with Unified in CT. We have been chosen as one of five states for a national pilot for Unified E-Sports. 11 schools have currently signed up! Enrollment is currently complete. To be put on a waitlist please contact [rhale@casciac.org](mailto:rhale@casciac.org)

**Fitness Kits** - We have ordered fitness kits for all of our participating schools. We will be distributing them to your school once they have arrived. This kit will include the following: *Bucket Bag, Wrist Fitness Tracker, Adjustable Jump Rope, Ball, Resistance Band, Medium Hoop Agility Ladder ( 10 Hoops w/ clips ), 5 Cones, Fit 5 cards, Inclusion tiles, Strong Minds Cards.*

#### **World Wide Bocce: Hosted by Special Olympics Saskatchewan**

All CT schools are invited by Special Olympics Saskatchewan to participate in three different virtual competitions. October - Bocce, January - Baggo (Cornhole), March - Basketball (Shootout). There are opportunities for all grades. Participating CT Schools will also be entered into a statewide competition!

Here is a link for [more information](#) - Get your Bocce on!

## Unified Sports Connecticut Monthly Challenges

**October:** The 2020 Distance Challenge - Walking / Run total team Distance

Our Goal for this challenge is to reach a statewide goal of 2020 miles .

**You will be submitting the total mileage. A result form will be forthcoming.**

# \_\_\_ for Athletes Mileage

# \_\_\_ for Partners Mileage

Total Mileage \_\_\_\_\_

EXAMPLE:

25 miles performed by 6 Athletes

40 miles performed by 12 Partners

65 Total Miles

**November:** 2020 Sit up / Crunch Challenge - More information to follow

**December:** Basketball shootout - More information to follow

**January:** Baggo / (Cornhole) - More information to follow

## YOUTH LEADERSHIP SUMMIT

We are busy planning our Youth Leadership Summit which will be VIRTUAL this year. While it's great to be able to meet in person we are excited that more schools and students will be able to join us this year. Our current plan is to run this event on the morning of November 19th. Further details to follow!

## YOUTH AMBASSADORS NEEDED

We are requesting that each school identify one athlete and one partner to serve as Youth Ambassadors to participate in our statewide Youth Activation Council (YAC). Names must be submitted by September 28th, 2020

**Name, Grade , Email address is to be submitted to me [kdbrozowski@casciac.org](mailto:kdbrozowski@casciac.org)**

These two students will have the opportunity to attend four different Virtual Summits hosted by Special Olympics International as well as working with us in planning our Youth Summit in November.

[Virtual Summit info click here](#)

Virtual Zoom meetings will be held to orchestrate planning and must be attended by both students. These will occur on a monthly basis.

### **Youth Innovation Grants - Applications open until October 4th**

Youth leaders interested in applying for grants for special projects have until October 4th to complete applications.

Funding amounts for this grant will be \$500, \$1,000 or \$1,500 and youth leaders will have the option of choosing a 6 month or a 9 month timeline. This is a great opportunity for students to submit their project ideas to promote inclusion in their school or community, and continue to be the voices of the Unified Generation in this unprecedented time.

[Innovation Grant Information](#) [Innovation Grant FAQ](#) [COVID Memo](#) [Application](#)

Let us know if you have a student or students interested in applying.

We look forward to making this school year an exciting and rewarding one for all of our Unified programs. Let us know how we can help!