



Register to get your FREE Young Athlete Program (YAP) Kit and Activity Guide today... Simply fill out and return the YAP registration form on the other side of this brochure!



What is the Young Athlete Program (YAP)?

An opportunity for children ages 2 ½ to 7 ½ with intellectual disabilities to participate in Special Olympics New Jersey, through play that will ultimately help prepare young children for future participation in sport.

What is Special Olympics New Jersey?

Special Olympics New Jersey is a sports training and competition program for individuals with intellectual disabilities starting at age 8 and into adulthood for as long as a person wants to participate!

Why does Special Olympics have a Young Athlete Program (YAP) instead of just letting younger children start playing sports in Special Olympics?

Athletes must be eight years old to participate in Special Olympics and many children are not ready for organized sport and the sports rules that help create fair play and safety. YAP was created in consultation with the University of Medicine and Dentistry of New Jersey, to meet the physical and developmental needs of children, ages 2 ½ to 7 ½, in the areas of physical activity and play, with an emphasis on sports skills.

Where is the Young Athlete Program (YAP) held?

At home, in the yard, at a friend or relatives house...The YAP home kit is a program created for families that provides free equipment and activity guide so that you can play with a purpose to help your child get ready for participation in sport among many other wonderful benefits of play! So you can utilize the YAP kit any time and any where you choose.

What about getting together with other children?

Play with friends, neighbors and relatives is encouraged with your YAP home kit. Many schools now offer the YAP as well as part of the classroom and recreation centers and YMCA's offer YAP as a community program. If your community does not have a group YAP, you can start your own. Other than classrooms, all YAP groups are designed for parent participation and inclusive YAP activities with typically developing peers are encouraged.



Why is the Young Athlete Program (YAP) so successful?

Starting early to introduce physical activity in a fun and enjoyable atmosphere will offer families the opportunity to share in the success of their future athlete. The YAP will provide an experience that will lead to an appreciation of fitness and sport for the whole family. Most importantly, through the preparation for participation in sports, families will see the incredible potential for sport in their child.

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

More Information at: www.sonj.org

GET STARTED!



Activities

- foundational skills
- walking & running
- balancing & jumping
- trapping & catching
- throwing
- striking
- kicking
- advanced skills

Young Athlete Program Kit Includes:

- Activity Guide
- Balance Beam
- Cones/Multi-Domes™
- Floor Markers
- Bean Bags
- Scarf
- Balls
- Poles
- Hoops



ALL FREE OF CHARGE!

Created by the Joseph P. Kennedy, Jr. Foundation - Authorized and Accredited by Special Olympics Incorporated for the Benefit of Persons with Intellectual Disabilities.

special olympics young athlete program

An innovative program from Special Olympics that introduces children with intellectual disabilities, ages 2 ½ to 7, to the world of sports.



Special Olympics
New Jersey

