



# San Diego County Region Fact Sheet

Special Olympics San Diego provides year-round sports training and competition in a variety of Olympic-type sports for people with intellectual disabilities—**at no cost to the athletes or their families**. Special Olympics gives these individuals continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their community.

## OUR REACH

- 3,500 athletes
- 450 coaches
- 1,500 volunteers annually
- 20 competitions each year
- 11 sports

## SPORTS

- Spring: Athletics, Basketball, Bocce, Flag Football, Swimming
- Summer: Bowling
- Fall: Golf, Soccer, Softball, Tennis
- Winter: Floor Hockey
- Year-Round: Team Wellness, Young Athletes

## EVENTS

- Sports Competitions: Athletics, Spring Games, Bowling, Golf, Fall Games, Floor Hockey, School Games
- Law Enforcement Torch Run Activities: Tip-A-Cop, Torch Run, Plunge Splash & Play

## MAKE A DIFFERENCE IN THE LIVES OF OUR ATHLETES

- Become a coach and help train our athletes throughout a sports season
- Volunteer for the day at one or all of our sports competitions
- Support our athletes by making a financial contribution
- Contact us at 619-283-6100 or email us for more information.

## OUR STAFF

Regional Director – Brian Richter  
Senior Development Mgr. – Amanda Baumann  
Senior Sports Mgr. – Lynne Allen

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