

SPECIAL OLYMPICS UTAH

SPORTS FOR ATHLETES OF ALL ABILITIES



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Harmons Month of Giving

We are excited to have the support of Harmons Neighborhood Grocer in the Together We Shine promotion! For February, Harmons will collect donations in their stores and e-shop, with funds raised supporting the athletes and mission of Special Olympics Utah. Please show your support for Harmons and Special Olympics Utah by shopping at Harmons near you this month and beyond. [Click here to shop Harmons' e-shop!](#)

**TOGETHER WE
SHINE**

DID YOU KNOW...
Thanks to your support, Special Olympics is the largest sports organization for individuals with intellectual disabilities?

Special Olympics Utah

HARMONS
NEIGHBORHOOD GROCER

Welcome to Our New Health Manager Julia Tateoka



We are very pleased to announce that Julia Tateoka is joining Special Olympics Utah as the new Health Manager of our Healthy Communities program! Julia formally began working with us on January 1, 2023.

As Health Manager, Julia's responsibilities will include coordinating free health screenings and referrals, expanding our Statewide fitness program, and developing partnerships with Utah governmental agencies and community-based organizations.

Julia comes to us from Brigham Young University, where she recently graduated with a Bachelor of Science degree in Health Sciences. Julia's professional experience includes working as a Teaching Assistant at the BYU Department of Public Health. She plans to pursue a master's degree in public health while she moves forward in her career.

Please join us in extending a heartfelt welcome to Julia as she begins her journey at Special Olympics!

Spread the World Inclusion Week

We are going ALL IN(clusive) for this year's Spread the Word Inclusion Week from February 27th through March 3rd. Special Olympics Utah's Youth Activation Committee is planning a fun-filled spirit week for all schools to participate in during the National Spread the Word Inclusion Campaign.



[Click here to take the pledge and join the Inclusion Revolution!](#)

For more information on the Unified Champion Schools Inclusion Week, contact Boston at boston@sout.org.

Utah is Taking the Plunge



Salt Lake and North Ogden got Freezin' for a Reason – Cedar City, Cache Valley & Park City... are up next! Many brave souls have supported our athletes by Taking the Plunge, and we have had the “coolest” time doing it. 97.1 ZHT kept the music going and our food trucks; Mamas Toasted Cheeser, KONA (Ice), Kocoa & Sons on Asian Grill keep the food flowing and plunger bellies warm. Thank you to all our plungers and our sponsors, Trish McMillen Park City Realty, Post Asphalt Paving and Construction, American Packaging Corp., Murphy Door, Pobanz Orthodontics, Wilson Orthodontics and Modern Woodman Fraternal Financial.

There is still time to join us at an upcoming Plunge or donate to another brave soul!

Cedar City, February 4th

Park City, February 25th

Cache Valley, March 3rd

Flag Football Continues to Grow

Special Olympics Utah's second year of unified flag football was a success! This season expanded to include community programs and collegiate teams. The SOUT Flag Football Championship brought together 12 teams from across the state. The University of Utah team won the championship in the college division for the second year in a row and was invited to attend the NIRSA National Championship in Austin, Texas. Before attending the championship weekend, the UofU unified team had the chance to practice with the UofU football team as they prepared for the Rose Bowl! The veteran team played hard against other colleges, such as the University of Florida and Texas Tech. The unified Utes ended the tournament 1-2 and tied for fifth place. In addition to 5th place, the University Of Utah unified team was recognized with the Positive Sportsmanship award for the cheering and support they provided to all the teams in attendance.



Thank you to the following for their support of SOUT's flag football program: Harris Financial, National Football Foundation - Utah Chapter, Haloti Ngata Foundation, Especially for Athletes & Mary Daines Trust

SOUT State Basketball Tournament

On March 24th-25th, Special Olympics Utah will host its annual State Basketball Tournament. This tournament is preceded by four Area qualifying tournaments held across the state. We expect twenty community and several Unified Champion Schools teams to compete.

This two-day event will feature over 300 athletes, 160 Unified partners, 76 coaches, and Heads of Delegation taking to the hardwood. This tournament and the entire basketball season is made possible thanks to the support of Harmons, The Hometown Foundation, Les Olson IT, the PGA Utah Section and These Pretzels Are Making Me Thirsty, LLC. Thanks also to the 100+ volunteers who help make this event possible

Upcoming SOUT Basketball Tournaments

March 3rd | South Area Basketball Tournament | Nets on Fire, St. George

March 4th | Metro/Central Area Basketball Tournament | UofU Student Life Center, Salt Lake

March 4th | Northeast Area Basketball Tournament | Uintah Recreation Center, Vernal

March 11th | North Area Basketball Tournament | Utah State University, Logan

Please contact Vanessa at volunteer@sout.org for to sign-up for volunteering.

Youth Summit Coming Soon!

On February 11th, Special Olympics Utah will host our second annual Youth Summit at the Loveland Living Planet Aquarium for individuals ages 13-22. The summit will bring youth leaders together to learn about leadership and inclusion and how they can impact their school and community. Attendees at the Youth Summit will receive lunch, Special Olympics swag, and the opportunity to hear from Paralympic skier Chris Waddell. [Click here](#) to listen to a message from Utah First Lady Abby Cox on why attending the Youth Summit is so important.



Cache County Polar Plunge



This month we were excited to see that the Cache County Polar Plunge was featured in the local newspaper, The Herald Journal. The article highlights how crucial it is to have the community's support, and it invites everyone to get involved. The article states:

"Those who are "too chicken" to plunge can still support the cause

by becoming a sponsor for a plunger or by simply registering as a "chicken" with a donation. You don't need to risk hypothermia to be part of the Polar Plunge. In fact, we need as many warm and caring souls as we do brave ones to have a successful event. Many people create teams to participate in the plunge, said Mayo. Others come in various costumes or dressed to support specific athletes." [Click here to check out the full article.](#)

Linkage Coordinators to Provide Health Assessment & Referrals at SOUT Events

The Utah Department of Health and Human Services Disability and Health Program and the Utah Health Policy Project are now collaborating to reduce health disparities experienced by Utah adults with ID through a new project featuring linkage coordinators (LC). LCs will provide health screenings, preventative health assessments, and preventative health education.



LCs will use the screening and assessment results to refer participants to healthcare providers for services. Participants will have a 3-month follow-up visit with an LC to re-evaluate their needs and possible additional referrals. This process will continue until the participant is comfortable with their healthcare.

LCs will be available to meet with SOUT athletes and other individuals with ID during our free Health Clinics at select SOUT events in 2023! For more information, reach out to them directly at linkage@healthpolicyproject.org.

Healthy Athletes Screening Events: Today-July 2023

Special Olympics Utah is pleased to provide our next free Health Screenings in metropolitan Salt Lake City, Vernal, St. George, and Monument Valley. The dates, times, locations, and services of the events are as follows:

March 25th | 10:00am-4:00pm | University of Utah HPER Building, Salt Lake City

(Taking place during SOUT's State Basketball Tournament)

- Special Smiles
- Healthy Hearing
- Opening Eyes
- MedFest
- FUNFitness

April 15th | 10:00am-4:00pm | Russell C. Taylor Building, St George

(Date is subject to change)

- MedFest

April 29th | 9:00am-2:00pm | Tse'Bii"nidzisgai Elementary School, Monument Valley

- Opening Eyes

June 10th | 10:00am-4:00pm | Granger High School, West Valley City

(Taking place during SOUT's Summer Games)

- Clinics TBD

July 29th | 10:00am-4:00pm | Uintah High School, Vernal

- Clinics TBD

As the dates approach, more services will be confirmed in the other areas. In St. George, Vernal, Monument Valley, and other small areas where we will plan Healthy Athletes events, only one or two clinics will be scheduled so we can focus on that specific medical discipline. We are incredibly grateful to our Clinical Directors for volunteering their time and talents to our communities! For more information on these and other Health & Fitness events, please contact Julia Tateoka at jtateoka@sout.org.



Let the 2023 Winter Games Begin



Special Olympics Utah is excited to bring cross-country skiing back to our winter sports program. Thanks to Dave Bergenger and President & CEO Scott Weaver for making this happen!

The 2023 Cross Country & Snowshoe Invitational will be held at North Fork Park in Eden, Utah, on Friday, February 24th. We will host over forty athletes from ten delegations competing in over fifteen events. This competition will use the services of over thirty volunteers who will help with set-up, take-down, and everything in between. Volunteers are critical to the success of the event, so consider joining us for a fun

day of competition in a fantastic mountain setting by [registering to volunteer here](#).

Thank you to the Rosemary and David Olsen Foundation for supporting the Special Olympics Utah Winter Games!

SOUT's First Young Athletes Event

Join us Saturday, February 11th, from 9:00am to 1:00pm for our 1st Annual Young Athletes event at The Loveland Living Planet Aquarium. This event gives young athletes ages 2 to 12 with and without disabilities the opportunity to play, socialize and learn about inclusion.

This event will include game play, meeting new friends, learning about the Young Athletes Program, and exploring the aquarium with a parent. We can't wait to see you! [Click here to sign up.](#)



Bowl-a-Palooza Returns!

WATCH FOR THE DATE!!

In late March or early April, Harmon's Bowl-a-Palooza



will return. SOUT athletes are very excited to bowl with some great Harmons employees while they raise money to support the mission of Special Olympics Utah. We will have space for sixty-eight athletes to bowl morning, afternoon, or all-day shifts. [Click here to sign up.](#) You will be contacted with a specific date and venue in the SLC area once Harmons confirms. For more information, contact Yolanda at kunder@sout.org.

Board of Directors Continues to Grow

SOUT's Board of Directors is made up of twenty-three dedicated volunteers who take on the governance and oversight of Special Olympics Utah. The organization recently added six new members to the board, and we can't thank them enough for their commitment to the athletes and mission of Special Olympics Utah.



Tom Alldridge | Lawyer | Strong & Hanni

Tom has been involved with Special Olympics his entire life. He has served in various roles as a coach, a unified partner, and a volunteer at state, national, and international competitions. These experiences give Tom the knowledge and important context for many issues that a Board of Directors confronts.



Serena Chamberlain | SOUT Athlete | Athlete Leadership Council

Along with being a SOUT Athlete Leadership Council member, Serena is also a certified fitness leader and Global Messenger. She is passionate about cheerleading and several other sports, and when not competing, Serena is committed to helping get more people involved in SOUT as athletes and volunteers.



Abby Cox | First Lady of Utah | State of Utah

Show Up is a First Lady initiative that, since its launch, has been committed to helping grow our Unified Champion Schools strategy. Her background in special education and her passion for sports is a winning combination in providing inclusive sports opportunities for people of all abilities in Utah.



Susi Lafaele | Event Specialist & Fair Director | Washington County

When not busy planning the Washington County Fair or one of the many other events held in Southern Utah, Susi is committed to helping make a difference in the lives of SOUT athletes. Being well-connected in the Southern Utah business community is something that Susi wants to use to help us grow in athlete numbers, volunteers and sponsors.

Continued



Aza McMaster | Chief Operations Officer | Bacon, Inc.

Azar is a longtime resident of Cottonwood Heights and President of the Cottonwood Football Club. His daughter has been active in the Brighton special needs community at Brighton High School, and Azar has supported the Special Needs Prom organized by Isabela. This involvement sparked his interest in serving the athletes of Special Olympics Utah. His experience in sports and love of golf makes him a great addition to the SOUT Board of Directors.



Mandy Watkins | Parent of SOUT Athlete

Mandy, a St. George resident, loves to volunteer, and volunteering for the Special Olympics has been an essential part of her life for decades. When she discovered that her youngest daughter had an intellectual disability, she knew the Special Olympics community would be welcoming. Mandy came to the board with a commitment to help others know of the inclusive community and to perpetuate SOUT activities and sports for Utah families.

February: Volunteer Spotlight

This month's volunteer spotlight is shining on Security Service Credit Union!

The employees of SSCU have been some of our most dedicated corporate volunteers, and we are especially grateful for their annual support of the SOUT State Bowling Tournament! We appreciate their hard work, smiling faces, and willingness to help wherever needed. Thank you, Security Service Credit Union employees and we look forward to seeing you at the 2023 SOUT State Bowling Tournament on August 5th.



For more information on upcoming volunteer opportunities, contact Vanessa at volunteer@sout.org.

RSL Unified Special Olympics Tryouts



Real Salt Lake is excited to announce RSL Unified will be returning for its eighth season and is hosting tryouts for the 2023 season. The RSL and Special Olympics partnership is dedicated to promoting social inclusion through

shared sports training and competitive experiences. RSL is excited to again offer this co-ed opportunity for Utahns ages 16 to 25 to live out their dream of sporting the Claret-and-Cobalt at America First Field. The RSL Unified team is currently looking for SOUT athletes and partners to fill out its 2023-24 roster, with tryouts scheduled for February 26-27th from 4:00pm to 6:00pm inside Zions Bank Training Center in Herriman. The RSL Unified program is entirely free to participants through the RSL Foundation and Mountainland Supply.

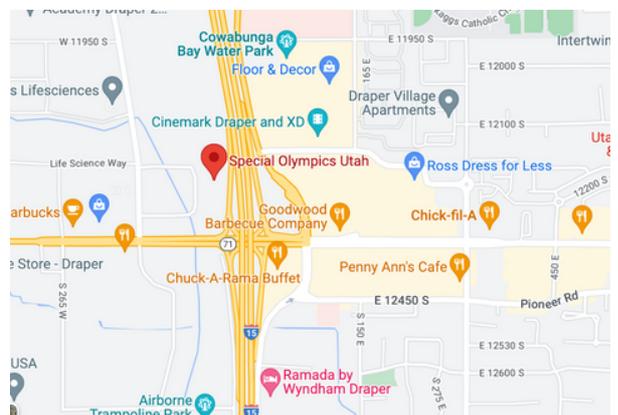


[Click here to register](#) and contact: jenna.holland@rsl.com with any questions.

New SOUT Office Location

The Special Olympics Utah office has officially moved from Salt Lake City to Draper. Our new office address is:

**12227 S. Business Park Drive
Bldg. 5, Suite 100W
Draper, UT 84020**



Upcoming Events: February

1-28	Harmons Month of Giving	Statewide
4	Cedar City Polar Plunge	Cedar City
6-9	SONA Unified Champion Schools Conference	Columbia, SC
11	Unified Champion Schools Youth Summit	Sandy
13-15	SONA Capitol Hill Day	Washington D.C.
17	UCS Youth (7-18) Basketball Clinic	Salt Lake City
18	South Area Snowshoe Race	Cedar City
19	All-Star Basketball Sensory Clinic	Salt Lake City
22	SSLC Unified Basketball Tournament	West Jordan
23	Davis School District UCS Basketball Tournament	Clearfield
24	SOUT Cross Country Ski & Snowshoe Invitational	Eden
25	Park City Polar Plunge	Park City
25-26	RSL Unified Soccer Team Tryouts	Sandy
27	NSLC Area School Districts UCS Basketball Tournament	Murray
27-Mar 3	Spring the World Inclusion Week	Statewide School
28	North Area School Districts UCS Basketball Tournament	North Logan