

Unified Sports

What are Unified Sports?

The Arizona Interscholastic Association (AIA) and Special Olympics have joined together to create Unified Sports in schools.

The mission of Unified Sports® is to create an inclusive program that combines individuals with intellectual disabilities (athletes) and individuals without intellectual disabilities (partners) on sports teams for training and competition.

Why should you join Unified Sports?

Participating in Unified Sports helps strengthen the school community by creating a culture of acceptance and inclusion for all students regardless of their ability level.

Volunteering in Unified Sports can also provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity and the better you feel about yourself, the more likely you are to have a positive view on your life and future goals.

The hours you spend participating in Unified Sports can be used as community service credit hours toward NFHS requirements. Participating in activities such as these where you volunteer your time to benefit the lives of others, specifically, students with disabilities, highlights your character and can be used on your college applications and resume.

What does the Unified Sports program look like at CHS?

At CHS Unified Sports are considered varsity sports. Each participant who completes the season and attends all required practices and events receive a Varsity Unified Letter or Community Service hours. **All participants must also complete an Athletic Clearance Packet.**

CHS participates in the following Unified Sports:

- ☐ Cheer - 1st and 4th Quarter
- ☐ Flag Football - 1st Quarter
- ☐ Soccer - 2nd Quarter
- ☐ Track & Field - 3rd Quarter
- ☐ Basketball - 4th Quarter

You do not need experience in any sport to participate in Unified Sports!

SEE MRS.PEACOCK IN ROOM 505 FOR MORE INFORMATION

