



You are invited to participate in the

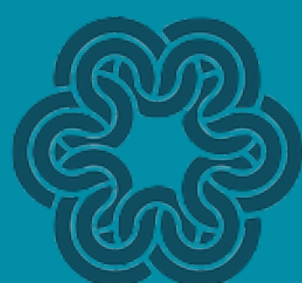
ATHLETES AT HOME CHALLENGE

A fun and free challenge for individuals with ID
and their family and friends!

JULY 18TH - JULY 30TH

A remote event

Participants will be featured in an online presentation
and receive an official Athletes at Home certificate



SAMUEL CENTRE
FOR SOCIAL
CONNECTEDNESS

**Special
Olympics**





The Athletes at Home Challenge is a fun opportunity for individuals with ID to get better at the lawn game of their choice and spend time with their family and friends!



We want to challenge you to stay active at home by playing the lawn game of your choice, anytime, and anywhere!



All you have to do is keep track of your progress by sending us 2 video clips: 1 of your first time playing the game, and 1 of your last or favourite turn of the challenge

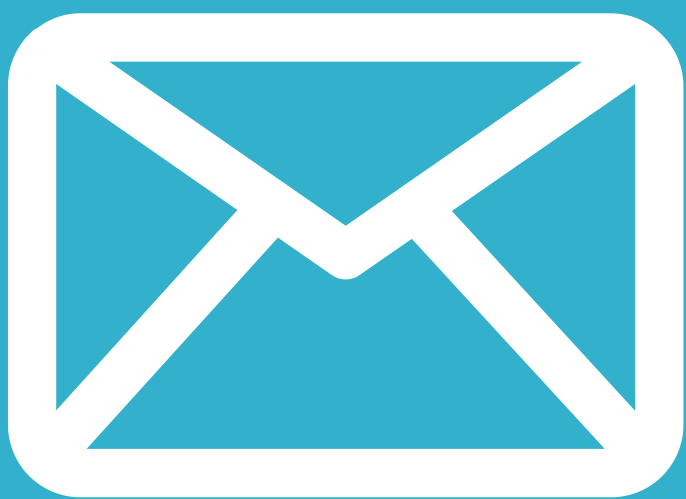


We will add the video clips you send us to our motivation presentation that will premier live on Facebook and Youtube

July 18th - 29th



You register for the Athletes at Home Challenge by July 18th using the link in the email



We will send you instructions and tips for popular lawn games



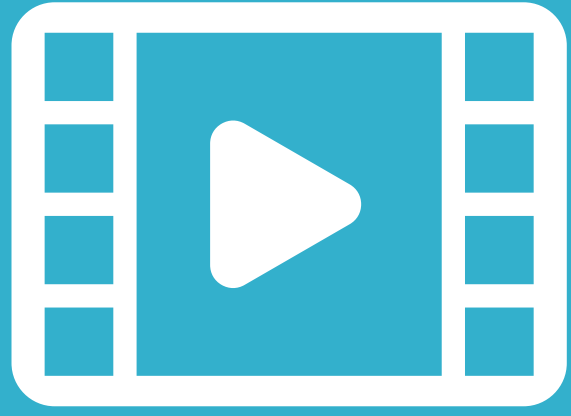
You start playing the game of your choice

You send us 2 videos :

2

- 1.) Your first attempt at the game
- 2.) Your favourite turn or a cool trick that shows your progress

July 30th



We will use your videos to make a video presentation that shows all participant's progress!



You and your family and friends can watch together and cheer everyone on



We will present you with an official digital Athletes at Home certificate!