

Special Olympics Wisconsin State Spring Games

Healthy Athletes

When athletes are in their best physical health, they train and compete at their highest level. Healthy Athlete disciplines not only provide health services and education, they also train health care students and professionals who gain increased knowledge of and compassion for people with intellectual disabilities. Check out the 4 Healthy Athlete disciplines offered on Saturday at Spring Games!



Special Smiles®: 5-15 minutes (not including wait times). Special Smiles (funding provided by Delta Dental of Wisconsin Foundation) performs dental screenings to increase awareness of oral health. At the screening, dentists and hygienists identify oral problems, while athletes are provided with hygiene education, a "goodie bag" with dental care items (automatic toothbrush while supplies last), fitted mouth guards and fluoride varnish!

When: Saturday, April 13, 2024 from 10:00 a.m. to 4:00 p.m.

Where: Kolf (Upper Level), remote screen in Albee from 12:30-3:30pm



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FUNfitness: 30-45 minutes (not including wait times). FUNfitness screenings are conducted by Physical Therapists and physical therapy students. They assess flexibility, functional strength and balance of the athlete. After the assessment, athletes will receive a take-home booklet and education on recommended stretches/exercises personalized to them based on the results of their strength, flexibility and balance tests. While supplies last - *fitness kits* will be given to athletes that attend FUNfitness!

When: Saturday, April 13, 2024 from 10:30 a.m. to 3:30 p.m.

Where: Kolf Sports Center (Upper Level, court 1)



Strong Minds: 10-20 minutes (not including wait times). Strong Minds stresses how important taking care of one's emotional wellness is and how taking care of it should be practiced like any other important skill. Strong Minds aims to educate coaches and athletes on how to incorporate mindfulness exercises into athletic practices and one's everyday life. There will be mindfulness activity guides and other mindfulness tools available!

When: Saturday, April 13, 2024 from 10:00 a.m. to 4:00 p.m.

Where: Gruenhagen, Titan Lounge, remote screen in Albee from 12:30-3:30pm



Healthy Hearing: 5-15 minutes (not including wait times). Healthy Hearing conducts hearing screenings. Reduced hearing can have a significant negative impact on an athlete's ability to respond to directions, as well as understand verbal information from coaches at practice and competitions. Hearing loss affects one's safety and interpersonal relationships. A hearing screen is the first step in the process of identifying hearing loss and preventing its negative effects from occurring in sports and social events. Athletes that attend Healthy Hearing will receive a free gift!

When: Saturday, April 13, 2024 from 10:00 a.m. to 4:00 p.m.

Where: Gruenhagen, Library on the first floor across from Strong Minds



SOWI is excited to have a collaboration with HEAR WI to bring additional Audiology services to this event! Athletes with a need identified during the Healthy Hearing screen will be referred to HEAR WI's Mobile Audiology Clinic (MAC) for further testing, earwax removal and/or hearing aid check & cleaning. MAC will be parked outside of Gruenhagen. HEAR WI staff welcome coaches and caregivers to take advantage of their services if there is not an athlete waiting to see them. To receive hearing services, check-in at Healthy Hearing room (Gruenhagen Library), please do not go directly to MAC.

Thank you to Delta Dental of Wisconsin Foundation, Golisano Foundation, CDC and Starkey Cares for making Special Olympics Healthy Athletes possible!

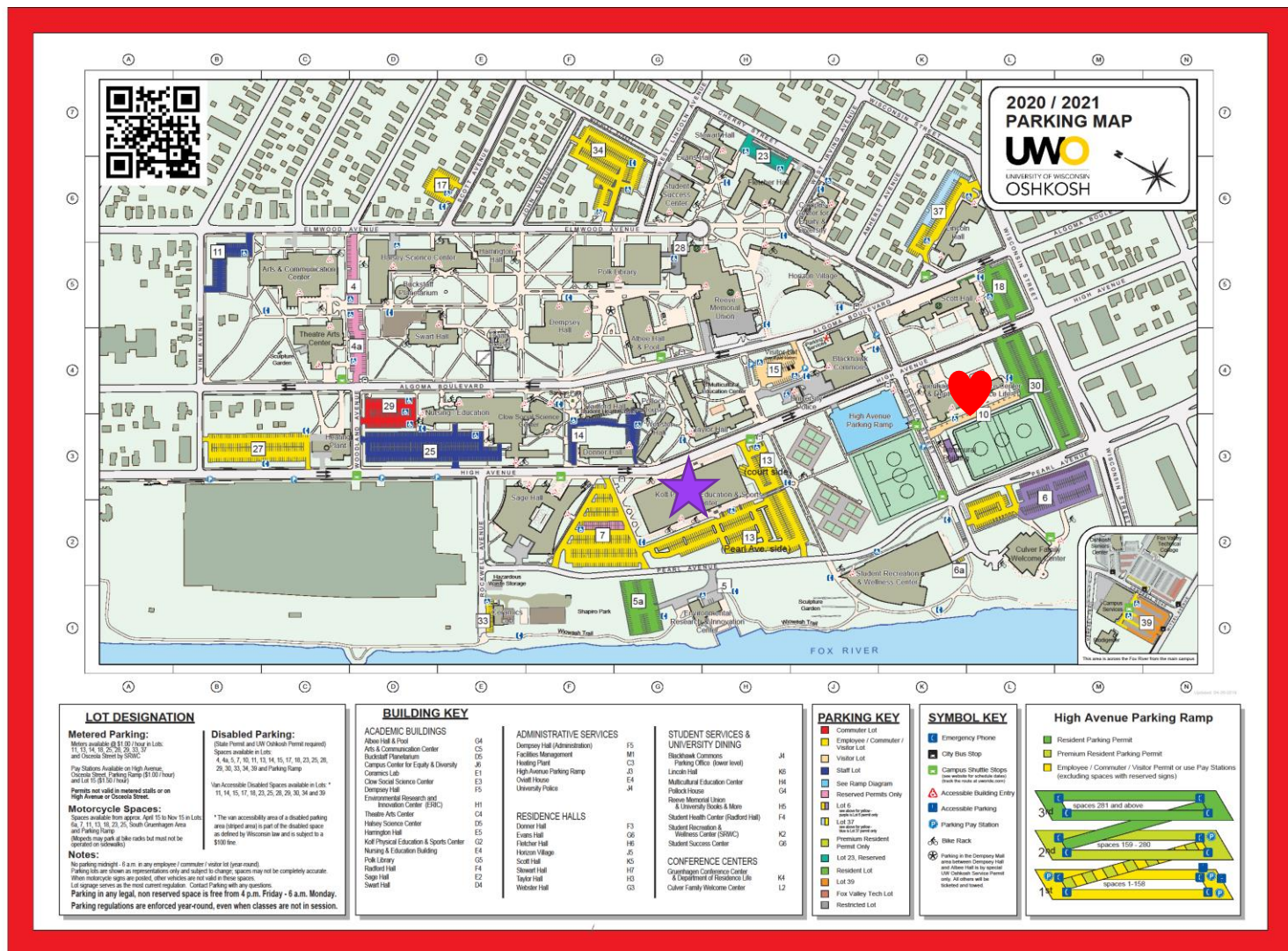


Special Olympics
Health

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Purple star is Kolf Sports Center (FUNfitness & Special Smiles)

Red Heart is Gruenhagen Conference Center (Healthy Hearing & Strong Minds)