

## Spring Season:

**Oak Harbor: Track & Field, Cycling, Bocce & Swimming**

**Special  
Olympics  
Washington**



## Summer/Fall Season:

**Bowling:** Oak Bowl in Oak Harbor

## Winter Season:

**Basketball:**

Oak Harbor offers 2 – Teams and Skills.  
South Whidbey offers Skills.



To be eligible to participate in Special Olympics, athletes must:

- ◊ Be at least 8 years old
- ◊ Be diagnosed by an agency or professional as having one of the following conditions: intellectual disability; a cognitive delay as determined by standardized measures such as intelligence quotient or other generally accepted measures; or a closely related developmental disability, i.e., functional limitations in both general learning and adaptive skills.

We accept anyone **age 8 and over**. We have athletes in their 70's. **No skills needed. No pressure.**

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success.

Our athletes find joy, confidence and fulfillment – on the playing field and in life.

## Whidbey Island Contacts:

### Oak Harbor/North Whidbey

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### South Whidbey

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