



Special Olympics Lincolnshire is part of the country's largest provider of year -round sports training and competition programme for people with learning disabilities.

There are currently 95 Special Olympics groups in GB run by 3,500 volunteers and

6,500 athletes who all benefit from National and International sports programmes, but as there are 1.2 million people with a learning disability in the country our aim is to increase the awareness of disability sport at all levels and abilities.

Special Olympics Lincolnshire have to date 68 athletes training in sports for people with a Learning (Intellectual) Disability in Athletics, Badminton, Handy Horsemanship Equestrian, Tennis, Gymnastics and Young Athletes Programme for 2-7 year old plus football for 8-12 12-16 and 16 plus.

In Lincolnshire the clubs we have at present are Athletics Lincoln Wellington, Badminton(Lincoln), Football (Bottesford, Lincoln Invictus and Lincoln City DSActive), Gymnastics (Sleaford and Grantham) Tennis (Grantham), Young Athletes 2-7 years Lincoln Football 8-12 (Lincoln) and Equestrian Handy Horsemanship (Boston)

For further information please contact Angy Morley MB 07759597977 or look on our Special Olympics Lincolnshire Facebook



Special Olympics Young Athletes programme is for children between 2-7 years of age. It is a sport and learn programme that introduces basic skills like running, kicking, throwing and catching.

The aim is for children to learn to share, take turns and follow instructions whilst learning the sports skills.

The programme can be done at home with families or at a club for people in the community to become part of an inclusive team.

Our Lincoln Club has athletes that started at the age of 4 and have now gone on to train in football and gymnastics ready to compete in competitions at the age of 8.



MATP provides genuine opportunities for training and competition for individuals with PMLD and complex needs. Opportunities are realistic and tailored to the individual. It focuses on the abilities and enables athletes to work and showcase motor skills and sporting achievements that are relevant to them.

Through MATP we look to:

- Increase physical activity leading to improvement in motor skills, physical fitness, and functional ability
- Enable more opportunities to perform sports activities
- Development of a more positive self-image through skill acquisition
- Enable greater interaction through sport and physical activity
- Provide more opportunities to develop friendships with other athletes, family members and engage the local community

See Video below Aim to kick a ball at a target



What Is Handy Horsemanship?



- A unique sport where the horse is guided by the handler over obstacles
- It tests the horse's physical/emotional fitness and the handler's ability to guide the horse
- Great for people who can't or don't want to ride including disabled people
- Also suitable for
 - Horses that cannot be ridden
 - Ponies that are too small
 - Young horses
- Improves the trust between horse
- Video below



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OLYMPICS: LINCOLNSHIRE

Handy horsemanship



Special Olympics
Lincolnshire

