

SPECIAL OLYMPICS UTAH

SPORTS FOR ATHLETES OF ALL ABILITIES



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GOLF SCORES A HOLE-IN-ONE

There has been a lot happening and a lot to come around golf. On March 14, Special Olympics Utah athletes and partners made history as the first participants in the newest golf event, Topgolf! SOUT golfers competed in a Topgolf demonstration event held in conjunction with the Special Olympics North America Sports Business Meeting. This event was a precursor to the announcement made on April 19 that Topgolf's global partnership with Special Olympics will turn their driving ranges into an officially sanctioned Special Olympics event. SOUT will offer a second Topgolf season after the SOUT Summer Games; for more information, contact Yolanda at kunder@sout.org.



The good golf news continued when Harmons hosted their corporate golf tournament and raised \$91,710 for Special Olympics Utah! This annual event in St. George featured 36 foursomes and Special Olympics athletes from the St. George Trailblazers. Golfers were greeted on the 9th tee box by SOUT athlete Brock Ioki, who took the par three tee shot for each foursome. Brock was impressive, landing

on the green 35 out of 36 times. Once on the green, the Trailblazers greeted golfers and took their first putt. Thanks to the performance of Brock, Savannah, Jazmine, Jeremy, and Anthony, many of the foursomes scored birdies on the 9th.

Thank you to Bob Harmon and the entire Harmons team for the generous donation and for including Special Olympics Utah athletes in their corporate golf tournament!

On June 16, SOUT will be hosting the first Jonny Burt Memorial Golf Tournament at Eaglewood Golf Course. The Tournament will honor UHSAA School sport legend, Johnny Burt. Burt has impacted many lives with his passion for sports all over the valley, which included volunteering with the UHSAA at state tournaments. He could also be seen working at Utah Grizzlies, Salt Lake Bees, and SLCC sporting events, always sporting an infectious smile and a positive attitude. Sponsorships for the tournament start at \$2,000 and are limited to 18 foursomes. To confirm your spot in the tournament, contact Azar at azar.mcmaster@gmail.com.



LETR Kicks off this Month!



Local LETR legs will begin running through towns this month, with a new Unified LETR in June. The Unified LETR Route will link city to city as the Flame of Hope is carried throughout the state, ending at the Opening Ceremony at Granger High on June 9. The Law Enforcement Torch Run is the largest grassroots fundraising group for Special Olympics around the world, raising \$900,000,000 since its

inception in 1981. Show your support of the LETR and law enforcement personnel by ordering your 2023 **LETR shirt here**. To find out more about LETR and when the run is coming to your city, please contact Haley Nall at hnall@sout.org.

SOUT Basketball Tournament Results



The 2023 Basketball season culminated with 460 athletes and Unified partners from twenty-three delegations taking to the hardwood at the University of Utah for competition in 5v5, 3v3 individual skills, and MATP. This year's tournament also featured a collegiate division for unified teams, where the BYU Unified team earned the opportunity to represent Utah at the NIRSA National Championship. Congratulations to all the athletes on their skill and sportsmanship on the court!

See the results: [2023 State Basketball Results.pdf](#)

BYU Unified Basketball Competes at NIRSA Championship

BYU's Unified Basketball team was named state champions in the collegiate division at the SOUT State Basketball Tournament in March, but their season continued. The team earned the opportunity to represent Utah at the 2023 NIRSA College Unified Basketball Championship in Maryland. Along with six other collegiate unified teams from across the country, they trained hard and prepared for the national competition.

Throughout the tournament, BYU fought hard and won their first two games against the University of Toledo and the University of Louisville. They advanced to the final four bracket and gave it their all but fell short in a rematch with the University of Louisville, taking 3rd place in their division. Outside of gameplay, the BYU Unified team explored Washington D.C., took in the sights, and showcased the power of Unified Sports.



We are proud of the BYU Unified team and the athletes, partners, and coaches who worked hard to represent Utah. We also want to thank the sponsors of this experience, Secured Investment Corp, Realeflow, Inc., KidSmile Dental, and Scheels.

Intellectual Disabilities & Healthy Eating

Nutrition is important to every person's overall health and well-being, especially for people with intellectual disabilities (ID). People with ID are more likely to experience obesity, heart disease, and other chronic health conditions than people without ID. Good nutrition can help to reduce the risk of these conditions and improve overall health!

Many factors can make eating a healthy diet difficult for people with ID. Some of our athletes may need help understanding or following dietary instructions. Others may have difficulty chewing or swallowing certain foods. Still, others may have sensory sensitivities that make it difficult to eat certain foods.

Despite these challenges, people with ID need to eat a healthy diet. Many things can be done to make eating a healthy diet easier for people with ID. Here are a few tips:

- Make sure that healthy foods are always available. Keep fruits, vegetables, and other healthy snacks on hand.
- Make healthy foods fun. Cut fruits and vegetables into interesting shapes or make them into a smoothie.
- Involve people with ID in meal planning and preparation. This can help them to learn about healthy foods and to feel more in control of their diet.
- Talk to a doctor, dietitian, or Healthy Athlete's clinician about specific dietary needs. Some people with ID may need a special diet due to other health conditions.



In addition to eating a healthy diet, people with ID should also get regular exercise. Exercise helps to build strong muscles and bones, improve cardiovascular health, and reduce the risk of chronic diseases. It can also help to improve mood and cognitive function. Eating a healthy diet is essential for everyone, especially those with ID. These tips can help people with ID eat a healthy diet and improve their health.

For more information on healthy eating and SOUT Health Program activities and special events, please get in touch with our Health Program Manager, Julia Tateoka, at jtateoka@sout.org.

Young Athletes Ski Day

The second annual Young Athletes Ski Day at Woodward Park City was a resounding success, with 28 students from five elementary schools coming together to participate in this fun day on the slopes. The participants were a mix of Special Olympics athletes and Unified partners, creating an inclusive sports experience for all



Many students had never skied or snowboarded, so the event was particularly exciting for them. We were thrilled to introduce them to these winter sports and provide them with a new and thrilling experience. With the help of 15 dedicated volunteers and SOUT Staff, the Young Athletes Ski Day ran smoothly, providing a safe and supportive environment for all participants.

Brady Johnson, a photographer and SOUT athlete was on hand to capture the excitement on the slopes, taking stunning photos of the participants as they made their way down the hill.

Additionally, the Fox 13 Good Day Utah morning show was in attendance, broadcasting six 2-minute live segments, showcasing the participants' accomplishments, and raising awareness of the event.

Overall, the second annual Young Athletes Ski Day was a success. The event provided a unique opportunity for young athletes to come together, try something new, and have a great time in a safe and inclusive environment. The volunteers did an outstanding job ensuring everything ran smoothly, and the media coverage helped spread the word about SOUT's Young Athletes program. We look forward to many more successful Young Athletes Ski Days.



UCS Track Season Begins

On your mark, get set, GO! It's time for Unified track. We are excited to have Unified athletes participate in the UHSAA Region and State meets. Regions 1-12 meets will occur on May 10, and the Region 13 on May 11. The UHSAA State Unified Track Meet will occur May 18 for divisions 1A through 4A and May 19 for 5A and 6A at BYU from 1:00 PM to 2:00 PM. Athletes may qualify for the State Unified Track Meet in the 50m dash, 4x100m relay, and shot put. For more information on the UCS track season, contact Boston at boston@sout.org.

Healthy Athletes' Clinical Director:



Kathy Harris has been the Special Smiles Clinical Director since 2012. As the co-owner and hygienist of "Grins for Everyone," Kathy works to deliver each patient knowledge, truth, excellent treatment, and options regarding their dental needs. Kathy is also an Adjunct Clinical Instructor at Utah Valley University, where she recruits and trains dental and hygienist students to deliver services for individuals with intellectual disabilities. Thanks to Kathy's hard work and dedication, Special Olympics Utah has delivered hundreds of free dental screenings to our athletes yearly. We proudly spotlight Kathy Harris this month!

What motivated you to work with us?

I've been volunteering for Special Olympics Utah since 2012. Now having a grandson who can participate and see him smile, I will continue for who knows how long.

How do you enjoy your free time?

I love to volunteer where I can, and these athletes just make your heart grow bigger after every event I help at. It is so amazing to see our future Dentists and Dental Hygienists volunteer and hopefully welcome these patients into their practices. I also love to travel (especially to Disney Land & World!), spend time with family and friends, and enjoy all the activities Utah offers.

Do you have anything you want to tell us about yourself?

I've been working in the Dental Profession for 45 years, I love this profession, and I love to help achieve healthy smiles. It seems like a lot of "I Love." But I do!

Ready, Set, GROW!

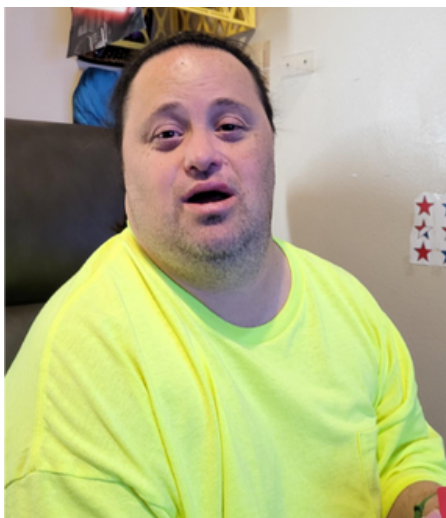
The Utah Developmental Disabilities Council is having its annual People First self-advocacy conference on May 24-25. The conference will run from 1:00 PM to 4:00 PM on Wednesday via Google Meet. The event will be held in person on Thursday at the DD council office in Murray from 1:00 PM to 5:00 PM. The conference is free to attend.

Self-advocates are encouraged to [register](#). Please share the registration link below if you know of any self-advocates who may be interested in attending. Just a reminder that the conference is for self-advocates ages 18 and older.



May Spotlights:

Athlete Spotlight



Jay Bundy from the St. George Chrysalis Cobras loves ice cream! He also loves participating in Special Olympics and has done so for as long as he can remember. Jay enjoys playing basketball with his Cobras teammates, his favorite sport. Jay can be found training and competing in soccer and bowling when basketball season ends. Jay cheers for the Utah Jazz, his favorite NBA team, but his favorite basketball player is Kobe Bryant. Jay's favorite memory from Special Olympics was when he and his team went to the University of Utah for state basketball, and his team

won the bronze medal. Jay likes to do things outside and play video games in his free time. Congratulations to Jay on his success as a SOUT athlete, and make sure to say "hi" to Jay when you see him competing and having fun at Special Olympics Utah events – he will most certainly say "hi" back.

Coaches Spotlight

Wendy Harris and **Steve Duffin** were both recognized as Special Olympics North America 2022 Outstanding Coach nominees. Wendy is from Vernal, where she is the head coach of the Uintah Dinos swim and cycling team. She also served as the 2022 USA Games swim coach for Team Utah. When not in the pool coaching SOUT athletes, Wendy is an avid cyclist and can be found riding in the Salt to Saint ultra cycling team relay.

Steve is the Head of Delegation for the Trailblazers Team in St. George and has been instrumental in building the team even stronger than before. With the team now offering track & field, cheerleading, basketball, bowling, bocce, golf, cycling, and snowshoeing, Steve is busy coaching or recruiting coaches to support his ever-growing team.

Wendy and Steve earned Certificates of Achievement as nominees for this prestigious recognition. Congratulations Wendy and Steve, and thanks for all you do!



Staff Spotlight

Jay Dee Nielsen, Courtnie Worthen & Yolanda Kunder

Special Olympics North America has begun recognizing Sports and Unified Champion School staff for their years of service. At the SONA Sports Business Meeting, SOUT had three staff members recognized – Jay Dee received a silver pin for 10 years of service. Courtnie and Yolanda both received a bronze pin for 5 years of service. Thanks to all for their years of service to the athletes of Special Olympics Utah!

Upcoming Events: May

4	Unified Fitness Club	Glendale Middle School, SLC
6	Metro/Central Area Track & Field Meet	Murray High School
10 – 11	UHSAA Region Track Meets	Statewide
11	Unified Fitness Club	Glendale Middle School, SLC
11	Northeast Area Local LETR	Roosevelt
13	South Area Swim Meet	Cedar City Aquatics Center
15	Northeast Area Local LETR	Vernal
17	Northeast Area Track & Field Meet	Uintah High School, Vernal
17	Unified Bocce Summer League Launch	North Logan Recreation Dept.
17 – 18	Davis School District Decathlon	Legacy Event Center, Farmington
18	Unified Fitness Club	Glendale Middle School, SLC
18	South Area Track & Field Meet	San Juan High School, Blanding
18	Metro/Central Area Local LETR	Grantsville to Toole
18 – 19	UCS / UHSAA State Track Meet	BYU, Provo
19	Jordan School District Field Day	Herriman High School
19	Unified Bocce Summer League Launch	Nibley Recreation Dept.
19	North Area Swim Meet	Mountain Crest High School, Hyrum
20	Metro/Central Area Swim Meet	Lehi Legacy Center
20	North Area Track & Field Meet	Ben Lomond High School, Ogden
20	South Area Track & Field Meet	Canyon View High School, Cedar City
22	Northeast Area Cycling Race	Glinds Stake Center, Vernal
24	Northeast Area Swim Meet	Uintah Recreation Center, Vernal
25	Unified Developmental Golf Launch	Glenmoor Golf Club, S. Jordan
25	Unified Fitness Club	Glendale Middle School, SLC

Upcoming Events: June

1 – 9	Unified Law Enforcement Torch Run	Statewide
8 – 10	SOUT Summer Games	Granger High School, West Valley City
10	Health Athlete Screenings	Granger High School, West Valley City

For more information on any of these events, call, 801-363-1111

How will you be remembered?

Including a gift in your will for Special Olympics is a deeply meaningful way to create your legacy of inclusion. You can empower Special Olympics athletes to shatter stereotypes and exceed their personal bests on the playing field and in life for years to come.

**CREATE YOUR
LEGACY TODAY!**



• JOHNNY BURT MEMORIAL •

Golf Tournament & Fundraiser

Friday, June 16th • 7:30 AM Shotgun
Eaglewood Golf Course



Sponsorship – \$2,000

- Golf & Lunch for 1 Foursome
- Name/Logo at Tee Box
- Name/Logo on Tournament Banner
- Name/Logo Displayed At Lunch
- Verbal Recognition During Lunch

4 Person Scramble Prizes & Contests

Contact

Azar McMaster • azar.mcmaster@gmail.com




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2023 | **-8 PM** | RICE TERRACE PAVILION
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*All orders must be placed online by May 31st to receive on time



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