



Dear friends of Special Olympics SG

A quarter of a year has passed in a blink of an eye. We certainly hope all of you had a good start to 2021 and are on track to achieving your goals set for the year.

In the first quarter of the year, we managed to resume more sports outreach programmes following the advisory for resumption of sport and physical exercise for Phase Three. It was such a relief for many of our athletes who were cooped up at home during the lockdown period where the only avenue for fitness was through online zoom sessions with our volunteers and unified partners. For many, it was joyful and exciting to finally meet each other in person and practice their sports together again during phase three.

At SOSG, we believe that active participation in sports is a platform for growth, knowledge, and contributes to character building that are fundamental to living an enriched life for persons with intellectual disability.

We are thankful to be delivering activities and planning for upcoming events adhering to the safe distancing measures. Together with you, advocating for the community of persons with ID, may we continue to drive towards an inclusive and accepting society.

Sincerely
SOSG Team



STUDIO PHOTOGRAPHY WORKSHOP

We are excited to be embarking on a new activity for our athletes. This is a pilot workshop specially curated for athletes who showed keen interest in photography during a photography trail back in 2019. We gather some of them back for this year's edition of studio photography workshop running from January till May 2021.

Our trainer, Mr Lawrence Loh is the founder and Chief photographer from 'Portrait from the Heart'. Lawrence hopes to make a difference in the lives of families with special need, rare disorder children or underprivileged through photography. SOSG is excited and privileged to work with him on this meaningful project.

Photography is a great medium for self expression and provides a pathway to a decent profession regardless of background for persons with or without intellectual disabilities.

We hope to impart a wealth of knowledge and social benefits which photography can bring to this group of athletes.

Watch out for their creative expressions via our social media!

[SEE FULL ALBUM](#)



TAKING FITNESS OUTSIDE

In February, we took our athletics team for a fun filled 'Amazing Race' event at the Botanic Gardens where they bonded with volunteers across a predetermined route that saw them stopping at numerous checkpoints with the ultimate goal of getting to the finish line in the quickest time.

It was a fun recreational style of bringing them outside of the usual running route and running tracks while working their cardio at the same time!



BOXING FITNESS FUN

A few months back, we took our running team to experience yet another new activity to keep their interest in fitness growing.

Boy did they work up a sweat and rumble at the gym!

For most of them, it was their first time putting on boxing gloves, trying out the movements and hitting an actual punching bag. Volunteers and parents joined in the fun too and we saw all of them breaking out into huge smiles at the end of the intensive session!

In the months to come, you can expect to see SOSG bringing them new exercises and activities.

[VIEW EVENTS PHOTOS HERE](#)



Unified Fitness (Online workout sessions)

In an bid to maintain social distancing and overcome restrictions in carrying out activities in large gatherings, our sports executives came up with a creative idea to continue to engage our athletes in smaller, conducive sessions during the pandemic.

The dedicated team together with unified partners came together to design a simple fitness programme where athletes and unified partners would meet online to complete a set of workout of the day. This programme is currently running from January till March 2021.

We like to thank all our volunteers for taking part in this programme and motivating our athletes to keep fit and active!

Fundraising effort by We The B Team

We like to give our heartfelt thanks to this group of youth for taking on the challenge of completing a full Ironman triathlon in order to raise funds and awareness for people with intellectual disabilities.

In total, the team of 13 completed approximately 15km SWIM, 600km CYCLE and 150km RUN. That is an astounding accomplishment that requires a high level of mental game.

The team raised more than \$11,000 for our athletes and are still in touch with our athletes through our weekly running outreach programme.



[Follow them on Instagram](#)

**INCLUSIVE
SPORT
CONFERENCE
2021**

Support our athletes!

16 to 18 March (Tues - Thurs)
9am to 5pm daily

[SIGN UP NOW](https://register.isc2021.sg/) <https://register.isc2021.sg/>

SPECIAL OLYMPICS SINGAPORE CO-HOSTS INCLUSIVE SPORT CONFERENCE 2021

Get insights on the ways you can contribute to a more inclusive society at the inaugural [Inclusive Sport Conference 2021](#) (ISC 2021) which will take place from 16 to 18 March.

The Conference is a signature platform where stakeholders from the disability sports ecosystem come together to share knowledge and promote inclusive practices.

ISC 2021 will take place during the March 2021 school holidays:

- 16 to 18 March (Tues - Thurs)
- 9am to 5pm daily

[**SIGN UP NOW**](#)

[**DONATE NOW**](#)

