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SOSG X Ireland Funds Global 5K

On **18 September** we will run and walk in a place of our choosing, all in support of the work of *The Ireland Funds* and *Special Olympics SG*. Why not invite friends and family to join in the fun?

How can you be a part of this?

- Register via the link below
- Run / Walk / Cycle / Swim any 5K at a place and time of your choosing
- Wear **green** and share your photos on social media using the hashtag #YlGlobal5K #Choosetoinclude
- Invite up to 4 of your friends and family to take part with you
- Exciting prizes to be won - open to all participants



REGISTER HERE

PESTA SUKAN 2021 Congratulations to our Basketball and Floorball teams for competing in Pesta Sukan 2021!



Photo credits to Team Nila volunteer photographers: Kenneth Chua (Basketball) / Abd Rahman (Floorball)

#DYK "Pesta Sukan" is a Malay phrase for Festival of Sports. "Pesta" means festival and "sukan" means sports. The festival was aimed at providing an opportunity for sportsmen and women to get together in camaraderie and goodwill and to raise the standard of sports through friendly competition.

Thanks to SportSG and the Singapore Floorball association for making a special arrangement to host SOSG teams exclusively for an inter-outreach competition, we were able to put 11 teams onto the court for some great action and showcase of skills! The games were played in a 2 v 2 format which consists of 1 SOSG athlete and 1 Unified partner.

For our basketball athletes, it was their very first attempt at competing in a mainstream 2 v 2 competition up against persons without intellectual disabilities. We are so proud of their courage and sportsmanship! This opportunity to expose our athletes in the competitive scene serves as a great push to continue striving for their best during their weekly training. Let's continue to play our part in the fight against Covid'19 so that more competitions can be rolled out progressively.

Our #Burpees4SOSG challenge is still ongoing until 8 October. Spare one minute of your time to show your support and raise awareness for athletes with ID.

The challenge is simple all you have to do is:

- Find an open space
- Record yourself performing as many repetitions of burpees as possible in 30 secs. (Any variation is accepted)
- Post and tag us @specialolympicssg, remember to [#Burpees4SOSG](#)
- Donate \$10 to our cause (Tax deductible)



Donate \$10



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