

[View this email in your browser](#)



Are you up for the 5k challenge?

6 weeks to go until the UFIT Corporate Run!

This year, SOSG is grateful to be the chosen beneficiary where UFIT will donate \$5 to support our work for every entry.

Race will run from 15-30 November, you get to race against other corporate teams around Marina Bay. Run for a purpose, rally your colleagues to get in on the action and register your team today!

>>UFIT

CORPORATE RUN 2021

15 - 30 NOVEMBER

6

WEEKS TO GO!

REGISTER HERE

Common Sports Injuries: **Prevention and Management for special needs athletes** by Clinical Director Emily Lim



On 2nd Oct 2021, 24 attendees ranging from coaches, staff and parents with their Special Olympics athletes attended the sharing session by Clinical Director Emily Lim.

From her professional standpoint as a physiotherapist, Emily delved deep into the updated interventions for ankle sprains in the acute (PEACE) and sub-acute (LOVE) phases. She also gave pointers on how to identify fractures, and what are the recommended actions to be taken.

Our attendees brought up many points of discussions such as how do we ascertain the types of injuries of our athletes with intellectual disabilities, the need to plan a good training programme, and last but not least the importance of coaching skills transference to parents as it is the parents who would support the training of the athletes for the long run. It was a fruitful afternoon of learning and discussion on how to better support our athletes in sports.

Clinical Director Emily will be running a series of talks tailored to specific SO sports. Do look out for these talks in the coming months!

Thank you to our out-going Executive Committee

We extend our deepest thanks and sincere gratitude to the outgoing Executive Committee Capt Roger Loh, Mr Lee Theng Ngee, Mrs Linda Prebhash, Ms Belinda Young and the rest of the Executive Committee members for their commitment in time and energy. As we look back on your time with us, please know that our achievements would not have been possible without all of you at the helm.

Special thanks to members of our sub-committees for all their dedication and contributions.



Warmest welcome to our incoming Board!

We are very pleased to have all of you as part of the organisation and we believe with your guidance and support, we will further our mission to create a better world by fostering the acceptance and inclusion of all people.



Copyright (C) 2021 Special Olympics singapore. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

