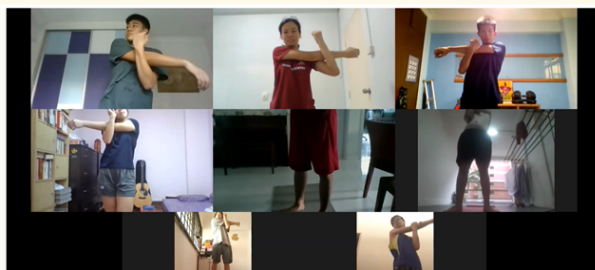




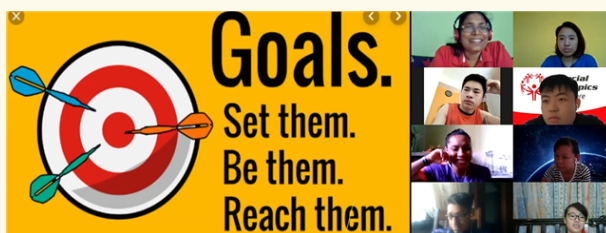
Navigating The New Normal



Fitness Goes Virtual!

Now, more than ever, all athletes, including those with intellectual disabilities need to keep their bodies fit and strong through a challenging routine. From Football to Swimming, almost every sports outreach programme have been shifted virtually. Not being able to train since February, athlete Tan Yee Shu took the initiative to contact his Basketball team mates to organize a virtual fitness session. From planning the list of exercises to teaching them how to use the platform, the former world games captain demonstrated the value of leaving no one behind.

[Click here to see our Badminton outreach athletes making a tribute to Singapore while keeping fit with the 2020 GetActive! Singapore Workout!](#)



Athlete Leadership Goes Virtual!

Training to be an Athlete Leader does not stop even with physical limitations. Tapping into the expertise of staff from FWD Insurance Group and Youth leaders, a series of workshops were conducted to continue equipping them to be the voice for their fellow athletes!

[Click here to see what workshops they went through!](#)



Volunteer Training Goes Virtual!

By understanding a person and you will understand the change you can make.

A 5-part series on understanding the characteristics and behaviours of SOSG athletes allowed volunteer to be better equipped to engage them effectively. The informative training lead by Sports Director Mrs Linda Prebhash saw participants gaining knowledge and sharing of best practises.

[Free Online Resources here!](#)

FairPrice, P&G deliver 500 care packs to mums of SOSG to celebrate Mother's Day



As part of this year's Thank You, Mom campaign, Procter & Gamble (P&G) together with NTUC FairPrice delivered 500 care packs to Special Olympics Singapore's mothers over the Mother Day's weekend. It is because of the unconditional love and support of mothers that our Special Olympics athletes can achieve and overcome daily obstacles in life. Especially in times like this, we continue to witness the strength and resilience families put up to face ever changing challenges. Mothers, thank you for nurturing and shaping our athletes to be the best they can be.

[Watch tribute here!](#)

Stay updated on our social media platforms!



Special Olympics Singapore offers 9 sports discipline, including Unified Sports led by volunteers and family members throughout the year in more than 15 locations island wide. Besides providing athletics competitions, other programmes such as Young Athletes and Motor Activity Training Program also provide opportunities for athletes to be involved in fundamental movement development and modified sporting experiences. Other non-sports offerings include, Athlete Leadership, Family Support Network and Healthy Athletes.