



Special Olympics Pennsylvania State Games Athlete Selection Guidelines:

Several state competitions and activities take place in various locations across the state and require overnight stays of 3 or more days. Below are guidelines considered for participation in state competitions and activities.

- Time Away from Parents/Family – Athletes attending State Games can expect to be away from their families for up to 3 days and could possibly go without seeing them during this time. For some athletes this can cause stress and anxiety.
- Conform to the Group/Adaptability – In order for delegation to function well, all members must adhere to team rules and the team schedules. Often times this means that a sport team may need to adhere to a schedule as a group – meaning an athlete cannot direct his/her own schedule. In addition, there will be times when schedules change with little or no notice and athletes must be able to adapt accordingly.
- Daily Living Skills – Athletes must be able to independently handle all toileting, showering and daily hygiene needs. Coaches can easily provide reminders to take care of these items but athletes must be able to attend to these needs on their own in an efficient time frame. Athletes must be able to share living space with other team members.
- Selecting Athletes Who Are Appropriate for the Sport and/or Events - Every effort should be made to ensure that every athlete being considered for attendance has competed in his/her sport and the specific/identified events in that sport for at least the minimum required 8 weeks of training prior to State Games and is ready for the State Games competition level.
- Travel and Long Days – The distance required to travel to State Games can result in long days. In addition to the travel days being long, the actual Games days will be long as well. It is realistic to expect 12-15 hour days – can the athlete being considered handle this for several days? The general fitness of the athlete should be considered. Does the athlete have a general fitness level that will allow them to walk for extended periods of time over various distances, multiple days?