

Special Olympics Malta

Parliamentary Accounts Committee

9th July 2024

**Let me win.
But if I cannot win,
let me be brave in the attempt**

Special Olympics Athlete Oath

Special Olympics
Malta



OUR MISSION STATEMENT



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The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to **develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts and friendship with their families, other Special Olympics athletes, and the community.**

OUR JOURNEY



24
years

of continued
service to
individuals with
intellectual
disabilities

Special Olympics Malta was **established in 2000**, providing a groundbreaking opportunity for individuals with intellectual disabilities to participate in competitive sports. At its inception, the organization began with just four athletes in athletics, but it quickly gained momentum under the leadership of Anna Calleja who later became the national director.

Over the years, Special Olympics Malta has steadily grown to become one of the largest organizations offering sports competitions for individuals with intellectual disabilities on the island.

Through their dedication and commitment, Special Olympics Malta has provided countless opportunities for these individuals to showcase their abilities and talents, breaking barriers and changing perceptions along the way.

OUR STRUCTURE



Dr Lydia Abela is the current President of Special Olympics Malta, Ms. Anna Calleja is the National Director and Ms. Christabel D'Amato is the Sports Director.

The team is complemented by Ms Lorna Callus and Mr. Marvic Debono who amongst other tasks, are responsible for the Healthy Athletes, MATP and Strength and Conditioning of our Athletes.

OUR SUPPORT

for the year 2023

11
SPORTS
PROGRAMMES

2548

ATHLETES REGISTERED WITH
SPECIAL OLYMPICS MALTA
(2023)

30

ATHLETES COMPETED
IN SO WORLD GAMES

31

PROFESSIONAL
COACHES

58

WEEKLY
TRAINING SESSIONS

Special Olympics Development Programme



Fundamentals

Learning the fundamentals of basic motor skills, sport related skills and basic foundation of health, fitness & nutrition

Learning to Train

Convert fundamental skills into sport related skills within multiple sports settings

Training to Compete

Focus on specialised training to nurture ability and comfort to compete in the specific sport disciplines

Recreational Activities

The athlete continues to participate in sports, have fun and maintain a healthy lifestyle

Athletes are at the heart of
every programme and
initiative

OUR PROGRAMMES



Sports Programmes



**Special
Olympics**
Malta

ATHLETICS



AQUATICS



BOCCE



Sports Programmes



**Special
Olympics**
Malta

BOWLING



CYCLING



DANCE



Sports Programmes



**Special
Olympics**
Malta

FOOTBALL



GOLF



GYMNASTICS



Sports Programmes



**Special
Olympics**
Malta

TABLE TENNIS



TRIATHLON



WATERPOLO



Demonstration Sport Programmes



MATP MOTOR ACTIVITY
TRAINING PROGRAMME

The **Motor Activity Training Program (MATP)** is a specialized program designed to offer individuals with significant/ severe disabilities with opportunities to participate in physical activities.

Each athlete's program in the MATP is tailored to their unique abilities and objectives. Progress is assessed on an individual basis, enabling personal achievements to be recognised and celebrated.

Demonstration Sport Programmes



YOUNG ATHLETES

The **Special Olympics Young Athletes** program is an inclusive sports play initiative for children aged 3 to 8, both with and without intellectual disabilities.

It focuses on developing fundamental motor skills, social skills, and cognitive abilities through fun and engaging activities, promoting early intervention and family involvement.

The program aims to foster physical and social development, preparing children for future participation in Special Olympics and community sports.

Healthy Athletes Programmes

Special Olympics
Healthy Athletes®



HEALTHY ATHLETES

The **Special Olympics Healthy Athletes** program offers free health screenings and education to athletes with intellectual disabilities, identifying health issues and providing follow-up care.

It also trains healthcare professionals to better serve this community, promoting overall wellness and improved healthcare access.

We offer this programme in 4 specialised areas:

- Special Smiles** | Dentistry
- FUN fitness** | Physiotherapy
- Fit Feet** | Podiatry
- Opening eyes** | Ophthalmologist



Athlete Leadership Programmes



The **Special Olympics Athlete Leadership** Program empowers athletes with intellectual disabilities to develop leadership skills and take on meaningful roles within the organization and their communities.

Through training and opportunities in public speaking, governance, and coaching, athletes become advocates, mentors, and decision-makers, enhancing their personal growth and the impact of Special Olympics.

Family Support Network



Through the **Family Support Network**, we strive to connect Special Olympics families with new ones, fostering a supportive community where everyone feels welcome.

By offering essential support and information, experienced families help newcomers navigate the Special Olympics journey confidently.

Advocates for the movement raise awareness and promote inclusion, ensuring every athlete can shine. Matching families with similar interests builds meaningful relationships. Volunteers in athletic training help athletes reach their potential, offering encouragement and expertise.

These efforts inspire new families to join, expanding our community and continuing the legacy of empowerment and achievement.

Developing a sense of
community is what drives us
to deliver more.

OUR ACHIEVEMENTS

SPECIAL OLYMPICS MALTA INVITATIONAL GAMES 2022



6
SPORTS
DISCIPLINES

23
FOREIGN
DELEGATIONS

1000+
ATHLETES

OUR ACHIEVEMENTS

SPECIAL OLYMPICS MALTA INVITATIONAL GAMES 2022



SPECIAL OLYMPICS MALTA
INVITATIONAL GAMES
2022



OUR ACHIEVEMENTS

PARTICIPATION IN SPECIAL OLYMPICS SUMMER WORLD GAMES



2007

CHINA

19 ATHLETES



2011

GREECE

38 ATHLETES



2015

USA

22 ATHLETES

2019

UAE

28 ATHLETES



2023

BERLIN

30 ATHLETES

OUR ACHIEVEMENTS

PARTICIPATION IN SPECIAL OLYMPICS SUMMER WORLD GAMES



7
SPORTS
DISCIPLINES

30
ATHLETES



16
GOLD
MEDALS

5
BRONZE
MEDALS

11
SILVER
MEDALS

OUR ACHIEVEMENTS

PARTICIPATION IN SPECIAL OLYMPICS SUMMER WORLD GAMES



**Special
Olympics**
Malta



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023



**Special
Olympics**
MALTA



Everything we do is inspired
by determination, courage,
and resilience.

Our Collaborating Partners



Our Collaborating Partners



Through the collaboration with our partners, Special Olympics Malta is able to:

- Provide Professional Expertise to PE students at MCAST and UOM for MATP and adaptive Sports;
- Giving opportunities to our coaches to further their knowledge locally and abroad;
- Provide our athletes with training sessions which are free of charge through the support of SportMalta;
- Provide our athletes with training facilities and venues free of charge through the support of SportMalta;
- Provide for all equipment for all type of sports;
- Provide our athletes with attire free of charge;
- Athletes are given opportunities to compete locally and abroad;
- Free personal training, nutritionist services and gym membership.



WE RELY ON YOUR SUPPORT

Thank You