

Thank you for giving your time!

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April is Volunteer Appreciation Month!



“Never underestimate the valuable and important difference you make in every life you touch, for the impact you make today has a powerful rippling effect on every tomorrow.”

- Leon Brown

Earlier this year, Russellville H.S. students hosted a Special Olympics Missouri basketball tournament. They provided all the volunteers (40 in total) ranging from 8th-graders to seniors in high school.

“The main goal I had for these volunteers was to show them that no matter what, anyone can be an athlete,” said Tara Hudson, special services teacher at

Russellville H.S. "By hosting this event, we (were able) to show our student body that volunteering and supporting Special Olympics is a rewarding experience. I already have students asking about next year!"

In addition to volunteering, students packed the bleachers and served as "fans in the stands."

Macie Edwards, junior, said she enjoyed helping teach the athletes in her second volunteer experience with SOMO.

"I'm grateful for the opportunity to meet special needs students from other districts and see how unique they are."

Whether you've volunteered with SOMO dozens of times or have only been to one event to cheer on our athletes, your support means the world to us. [We thank you and, most importantly, our athletes thank you for your support \(click to watch a video of our athletes thanking you\)](#). We can't hold more than 300 trainings and competitions every year if you weren't there to lend a helping hand.



"By having our students volunteer for this event, it is my hope that they will become lifelong supporters of Special Olympics events, either by volunteering or (lending) financial support," Hudson said.

If you're looking for more opportunities to get involved in our organization, here are ways you can continue to give back:

- [Become a monthly donor](#)
- [Become an assistant or head coach](#)
- [Become a Unified Partner](#)
- [Become a mentor for an athlete-leader](#)
- [Become a more regular volunteer in your area](#)

During this month of appreciation for volunteers, we hope you know that Special Olympics Missouri athletes, families, coaches, staff, and fans, all thank you for your support.

If you're bored during your quarantine and need more content to consume, [be sure to check out our #SOMOatHome programming](#). It has sessions on health & wellness (exercise, cooking, yoga, mindfulness, and more) and leadership & life skills (drawing, teamwork & problem solving, SMART goals, phone photography, and more). It's not just for SOMO athletes, ANYONE can partake.

For updates on how coronavirus is affecting SOMO trainings and competitions, [please visit our website](#).

One small thing you could do for our athletes

You've already done so much for our athletes and we're incredibly grateful for that. Our athletes have been without their SOMO family going on five weeks now. [We'd love it if you could record a message of support for them during this difficult time.](#) It will only take two minutes of your time and it will mean the world to our athletes. Thank you!

Stay safe!



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