

We're ready to train & compete again, are you? Read about our Return to Play plan!

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## July 2020 -- Sports Training & Competition Update

# We are SO ready to Return to Play! Are you?

After months of waiting and planning, we are proud to announce that Special Olympics Missouri is ready to get back to play, closely following a set of guidelines we're calling our [Return to Play \(R2P\) plan](#). These guidelines were approved by the Special Olympics Missouri Board of Directors on July 6.

Information on COVID-19 is changing daily. Transmission rates vary across Missouri by city and county. Special Olympics Missouri is dedicated to protecting the health and safety of our athletes, volunteers, coaches, families, officials, staff, and all who contribute to the success of our athletes in training, competition, and events.

[The information on the R2P website](#) is by no means a prescriptive, complete, or exhaustive list of Return to Play considerations. We recognize we will learn, adapt, and adjust as we make our way through this pandemic.

For all documents, resources, and online trainings pertaining to our Return to Play guidelines, [please visit the website](#).

If you have any questions, [please email us directly](#).

### **Interested in an early-morning workout with NBA and WNBA players?**



Thanks to the relationship between Special Olympics and the National Basketball Association, NBA guests will host a five-day online training camp next week.

Special Olympics Missouri athletes, Unified Partners, and coaches are welcome to join the daily workout sessions via Zoom from 6:15-7 a.m. July 27-31.

[Interested participants should register via the OWQLO app](#), which includes a release form. Once registered,

participants will receive an email with a Zoom link.

## **Join us for daily #SOMOatHome sessions**

Even though we are getting ready to Return to Play, we will continue to offer #SOMOatHome sessions at 4 p.m. every weekday [via our Facebook page](#). For a calendar of upcoming sessions and a full catalog of past sessions, [visit SOMO.org/atHome](#).

# #SOMOatHome

Online trainings in health & wellness and leadership & life skills for Special Olympics Missouri athletes, coaches, families, and volunteers.

[www.SOMO.org/atHome](http://www.SOMO.org/atHome)

We have sessions on health & fitness, independent living skills, nature, communications, teamwork, public speaking, and much more. There's something for everybody. Please take advantage of this program and share it with your teammates!

Also, if you missed [2020 Virtual Sports Camp](#), you can go back and watch all of those sessions (volleyball, tennis, pickleball, soccer, disc golf, and more!) at [SOMO.org/Camp](#).

## **Check out everything you helped us accomplish in 2019!**

Through the ups-and-downs of 2019, we accomplished a lot. [Take a look at our online annual report from last year!](#)

## **As always, a huge thank-you goes out to our year-round partners:**



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[Check out all of the cool things we did last year!](#)

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