

# How to Create a Unified Champion School

Special  
Olympics  
Northern California



**SCHOOLS  
PARTNERSHIP  
PROGRAM**

What is a Unified Champion School?

A school that promotes inclusion and acceptance by participating in three components of the Unified Champion Schools Program:

- Unified Sports
- Inclusive Youth Leadership
- Whole School Engagement

Activities of a Unified Champion School:

## Unified Sports

- Bring a Unified team to a competition
- Have a Young Athlete Day
- Practice sports with general education peers
- Inclusive PE class

## Inclusive Youth Leadership

- Inclusive buddy club
- Student Council involvement
- Student volunteering
- School Youth Activation Committee

## Whole School Engagement

- Fans in the stands
- Unified Sports rally
- Respect campaign
- Ability Awareness Day
- Youth Summit

After participating in at least one activity from each category, your school will earn a Unified Champion School Recognition Banner honoring your school! Every year you reach Unified Champion School status, you will receive a new sticker to add to your banner.

There are many ways to present your banner to the school. For ideas on presentations of the Unified Champion School banner, please contact your Special Olympics Northern California Area Manager.

Final step is to hang your banner proudly in a space where it can be admired by the entire school. School gyms, cafeterias, or MPR's work best!





**"LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT"**

**SONC.ORG/UNIFIED-SPORTS**

### **Unified YAP & Elementary:**

*Argonaut Elementary  
Saratoga, CA*

30 Pre-K students in special and general education team up to develop skills in soccer, basketball, bowling, and agilities. They practice weekly for three months, leading up to a Young Athletes celebration day where they showcase their skills.

*Glen Park School  
San Francisco, CA*

20 Elementary students in special and general education team up to form a Unified sports team. They compete in a school day [9:30am- 12:00pm] district-wide soccer tournament, where eight other elementary Unified teams are competing within San Francisco Unified.

***Interested in more information:***

**Cameron Ahmadian  
CameronA@sonc.org**

### **Unified Middle School:**

#### **School Day Event**

*Central Middle School &  
Arbor Bay School  
San Carlos, CA*

Both schools form two unified teams with seven students per team. They have weekly practices for five weeks leading up to a Unified exhibition scrimmage at lunchtime. They then compete in a tournament alongside 12 other Unified teams in San Mateo County.

#### **League Based Competitions**

*Crocker Middle School  
San Mateo, CA*

15 middle school students in special and general education team up to form two Unified basketball teams on campus. They compete against one another after school [3:30-4:30pm] on Wednesday's for five consecutive weeks. The hope is to expand the league, and compete against neighboring middle schools in the future.

### **Unified High School:**

#### **School Day Event**

*Granada High School, Dublin High School, & Livermore High School  
Livermore, CA*

Three high schools came together to participate in a Unified Basketball tournament during the school day [11:00am-12:30pm]. Each school played against one another in two 20 minute games. Games are played 5 vs. 5 [three students in special education and two students in general education].

#### **League Based Competition**

*Bay Valley Athletic League, County Metro Athletic League, North Yosemite League, and the Tri River Athletic Conference*

Unified seasons are 6-8 weeks long with teams competing once a week and practicing 1-2 times a week for 45-60 minutes. Unified Leagues focus on soccer & basketball. High schools throughout California have organized after school Unified Sports leagues. Schools with Unified league teams play full seasons of sport and treat Unified teams like all other JV/ Varsity teams on campus.

#### **California Interscholastic Federation Track & Field**

Some California Interscholastic Federation sections offer students in Unified Track & Field opportunities to advance to section T&F championships.



Special Olympics  
**Unified Champion  
Schools**

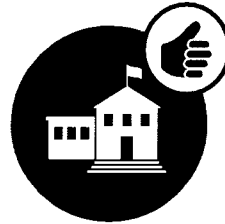
# Research Overview



**97%** of high school seniors say that Unified Champion Schools activities are changing their school for the better.



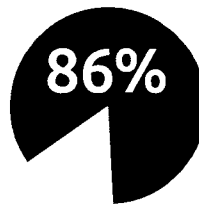
**96%** of students without ID who participate in Unified Champion Schools would feel comfortable carrying on a conversation with a student with ID



School staff who lead the Unified Champion Schools program within their school feel that the program is **valuable** for their school.



**84%** of students generally regard participation in the program as a **positive turning point** in their lives.



of school staff feel that Special Olympics Unified Schools program has made a **big impact in reducing bullying and teasing** in their schools.



**89%** report they would feel comfortable sitting with a student with ID at lunch



Preliminary evidence suggests that Unified Champion Schools perform better than other schools on most school climate dimensions such as **respect for diversity, social and civic learning, and school connectedness and engagement.**



Participating in **Unified Sports** or a Unified Club provides high school students (61%) with opportunities to get to know a peer with ID which in turn leads to **friendship (94%)**.



**87%** report they would feel comfortable working on a school project with a student with ID

# Program Areas

**Special  
Olympics**  
Northern California



**SCHOOLS  
PARTNERSHIP  
PROGRAM**

## Special Olympics Northern California – Contracted Programs:

Program Area:	Special Olympics Staff:
Campbell Union	Cameron Bradford
Contra Costa County	Keiko Arzouman
East Side Union ATP	Cameron Ahmadian
Fairfield/Suisun Unified	Claire Ramaley
Fresno County	Michael Preciado
Hayward Unified	Sasha Trope
Los Gatos Saratoga Union High School District	Cameron Ahmadian
Mission Valley SELPA	Cameron Bradford
Monterey Peninsula Unified	Cameron Bradford
Palo Alto Unified	Cameron Bradford
San Francisco Unified	Sasha Trope
San Mateo County	Keiko Arzouman
Santa Clara Unified	Cameron Ahmadian
Santa Rosa City Schools	Ashley Spooner
Stockton Unified	Claire Ramaley
Tri-Valley SELPA	Keiko Arzouman
Vacaville Unified	Claire Ramaley
Vallejo Unified	Claire Ramaley
West Contra Costa Unified	Keiko Arzouman
Woodland Joint Unified	Claire Ramaley

## Schools Calendar of Events:

<https://www.sonc.org/events/calendar>

## Special Olympics Northern California Schools Staff:

Ashley Spooner – [AshleyS@sonc.org](mailto:AshleyS@sonc.org)

Cameron Ahmadian – [CameronA@sonc.org](mailto:CameronA@sonc.org)

Cameron Bradford – [CameronB@sonc.org](mailto:CameronB@sonc.org)

Claire Ramaley – [ClaireR@sonc.org](mailto:ClaireR@sonc.org)

Keiko Arzouman – [KeikoA@sonc.org](mailto:KeikoA@sonc.org)

Michael Preciado – [MichaelP@sonc.org](mailto:MichaelP@sonc.org)

Sasha Trope – [SashaT@sonc.org](mailto:SashaT@sonc.org)

Contact us at: [schools@sonc.org](mailto:schools@sonc.org)