



**Special Olympics**  
New York

# CAPITAL DISTRICT REGION OVERVIEW



## SPECIAL OLYMPICS NEW YORK

- More than 67,000 athletes and unified partners
- More than 36,000 volunteers
- 5,700 coaches
- Largest program in North America
- 6th largest program in the world
- 5,900 competitions each year – approximately 16 per day
- 22 Olympic-style sports
- 9 locations across the state

## CAPITAL DISTRICT REGION

- More than 3,400 athletes and unified partners
- 720 volunteers
- 203 competitions each year
- 12 counties: Albany, Columbia, Fulton, Greene, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington



## Opportunities to Get in the Game

### Compete

Special Olympics New York is proud to offer inclusive sports for all ages and ability levels. When you choose to take your place among Special Olympics New York athletes, you're joining a group of strong, ambitious competitors. Whether you take home medals or make lifelong friends—or both—you can look forward to building confidence and independence.

### Volunteer

All Special Olympics New York programs are offered at no cost to athletes, their families, or caregivers. Whether you can commit a single day of your time, want to coach one of our teams, start a Young Athlete program in your home, school, or community, or serve as a clinician at one of our Heathy Athlete screenings, we appreciate your time.

### Donate

Special Olympics New York relies on the financial contributions of individuals, groups or corporations, and fundraising events and activities such as Sponsor an Athlete, Polar Plunge and the Law Enforcement Torch Run. Opportunities to support our athletes and programming also include cash donations, in-kind contributions, workplace matches, estate plans, our signature events and more.

### Learn More

Capital District Region Office  
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Schenectady, NY 12304  
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Athletics: Ryan Miller, [rmiller@nyso.org](mailto:rmiller@nyso.org), ext. 8142

Donations: Jennifer Frame, [jframe@nyso.org](mailto:jframe@nyso.org), ext. 8128

[www.specialolympicsNY.org](http://www.specialolympicsNY.org)  
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