



## How to become an LISD Special Olympics Athlete



1. Print and complete the ***“Athlete Medical Form”***  
This can be located on the Home Page (English or Spanish)
2. Give the completed medical release form to your coach or mail to:  
Jim Domer, Head of Delegation  
2080 Stillwater Place  
Lewisville, TX 75067

### Benefits of Participation

There are many benefits to participating as an athlete with Special Olympics Texas:

1. Physical exercise positively impacts health, mood and anxiety
2. Emphasis on sports training helps athletes maintain a healthy weight.
3. Athletes participate in activities that enhance their self-esteem and help them see that they can achieve goals that they set for themselves.
4. Athletes have many opportunities to make new friends and socialize in an environment that is accepting and encouraging.
5. Travel opportunities allow athletes to gain life experiences and skills that will positively impact all areas of their lives.
6. The ***Athlete Leadership Programs*** offer athletes opportunities to get involved in decision-making, public speaking, and leadership roles in their communities.