



Virtual UNcathlon AMRAP



Special Olympics
Pennsylvania



Agenda:



- Welcome
- Zoom Reminders
- Event Overview
- Registration
- Meet the Captains
- Questions



Zoom Reminders



- Please **MUTE** your phone or device when you enter the call
- This will allow for clear communication
- This will minimize background noise
- This meeting is being recorded and will be posted on [website](#)
- There is a chat box at the bottom for you to ask questions
- The chat box will be monitored throughout the meeting. type in your question
- Questions will be addressed during the call as they arise or at the end of the meeting
- We have a hard stop at **7 PM** tonight, due to another call.



Event Overview



Special Olympics
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History...



- **UNCathlon** is a tremendously successful fundraiser for Special Olympics Pennsylvania that was “born” in Pittsburgh in 2017.
- The vision for this event was to embody the daily goal of SOPA: **inclusion and acceptance through sport.**
- In its traditional form, the **UNCathlon** is a decathlon style track and field team event with a twist – an 11th event!
- The 11th event is **FUN**draising!
- **UNified** teams compete and earn points for each event and their combined score determines the winner.
- Plan is to expand this successful event.



Special Olympics



COVID-19 Strikes: Adapting the UNCathlon



- Due to COVID-19 we needed to re-invent the UNCathlon
- Virtual Format
- Adapted from 11 events to 2 events: AMRAP + FUNdraising
- Statewide fundraiser
- Revenue Share for local programs. (75% of net of money raised by local program will stay with the local program.
- **EVENT GOALS: TOGETHER** we will ...
 - Increase awareness about Special Olympics Pennsylvania
 - Raise money that will *directly* support **YOUR** program and our athletes!
 - FUNdraising goal: \$60,000



What is an AMRAP?



AMRAP is an acronym for **As Many Rounds As Possible**.

For our purposes:

- AMRAP **duration** is 10 minutes
- During the AMRAP the participant will execute 10 repetitions of 5 exercises and **REPEAT** this **ROUND** as many times as possible in 10 minutes.
- **5 Exercises** = Push-ups, Squats, Lunges, Mountain Climbers & Plank Jacks (Each exercise can be modified for various skill levels and abilities.)
- **1 ROUND** = 10 Push-ups, 10 Squats, 10 Lunges, 10 Mountain Climbers, 10 Plank Jacks

Check it out...



Adaptations for all abilities

Watch **AMRAP** instructional video [HERE](#)



How Will the Event Work?



- We will have **9 teams** that will compete to win the UNcathlon
- Team Captains will recruit people to join their team
- **Registration:** July 15 - September 26
- **Engagement & Competition:** August 16 - September 26 teams will complete their AMRAP and then tag others via social media to complete the CHALLENGE
- **Team Check Ins:** See how the teams are doing and share successes and challenges.
- **Virtual Awards Ceremony:** Sunday, Sept. 27



*Special Olympics
United Team of World*



Are You Ready for the Challenge?



When you accept the challenge of being an UNcathlon AMRAP participant, here is what you are committing to:

- Helping us FUNdraise for Special Olympics Pennsylvania
- Completing the AMRAP exercise challenge
- Post pictures or a short video on your social media page.
- Use the #UNcathlon in your post
- Tag 2 people not involved in the event and challenge them to join your team and do the challenge OR donate to your challenge



I'M IN! NOW WHAT?



- Get registered.
- Sign up on one of our 9 UNified teams.
- Start practicing the exercises.
- Complete your challenge.
- **Challenge others to join in!**



Registration



Special Olympics
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Set Up Your Fundraising Page:



REGISTER NOW

Website:

<https://www.classy.org/event/the-2020-uncathlon-to-benefit-special-olympics-pa/e268773>



Issue Your Challenge & Engage on Social Media



- Help your team win the **FUN**draising challenge by sharing your fundraising page far and wide
- Complete your AMRAP challenge between August 16 - Sept 26
- Post your photos or video on social and invite two people to do this with you!
- Tag us on [Facebook](#) [Instagram](#), or [Twitter](#) and use #UNcathlon

UNdo your Challenge



Got challenged and don't want to do it?

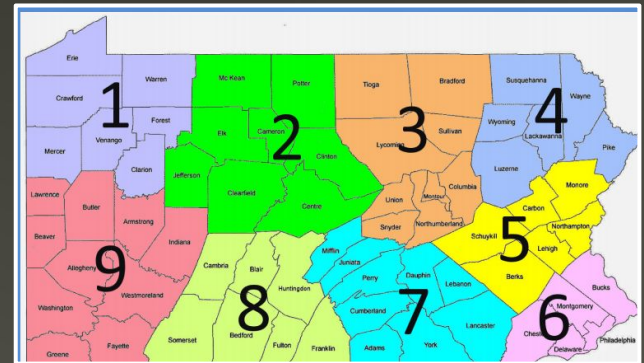
Donate to your challenger,
and we will UNdo your challenge!



Meet the Team Captains



We have selected 9 athletes across the state to represent different regions. Join one of their teams, and help them raise money to take home the UNcathalon trophy!



Special Olympics
Pennsylvania



Region 1: Great Lakes Gladiators



Representing Clarion, Crawford, Erie, Forest, Mercer, Venango, and Warren Counties

Team Captain: Mary Nigro

- Mary joined Special Olympics PA's Mercer County in 2013
- She competes in bocce, bowling, athletics and basketball.
- Mary has a certificate in Business Marketing Technologies that she earned in June of 2002.
- She volunteers running a snack shack register and cooking
- She loves animals and volunteers with pets at a shelter.
- Mary represents her fellow athletes as an Athlete Representative for the last 5 years and is on the Regional Input Council for Northwestern PA.
- Last year, Mary became a Global Messenger for Special Olympics PA so she could speak to groups about the positive impacts of Special Olympics and their programming.



Join Mary in her quest for the UNCathlon trophy and join Team Great Lake Gladiators!

Region 2:

Team Happy Valley



Representing Cameron, Centre, Clearfield, Clinton, Elk, Jefferson, McKean, and Potter Counties

Team Captain: Caitlyn Barran

- Caitlin has been a Special Olympics athlete since 2017.
- She is 37 years old and lives in State College.
- She has participated in a variety of sports including athletics, bocce, golf, swimming, and tennis.
- Outside of Special Olympics, she plays ice hockey with the Happy Valley Beavers and enjoys photography, painting, and hanging out with her Labradoodle, Bodhi.
- Caitlyn works as a Staff Assistant at the Penn State Libraries



When you join this team, you're getting a chance to compete alongside an incredibly determined athlete. Caitlin is hard at work training in swimming this summer with her Mom as her coach. Caitlin aspires to be as ready as she can to swim at Summer Games 2021 and hopes to be selected to represent team PA in the USA Games, which will take place in 2022 in Orlando.,

Region 3: Keystone Superstars



Representing Bradford, Columbia, Lycoming, Montour, Northumberland, Snyder, Sullivan, Tioga, and Union Counties

Team Captain: Elizabeth Porter

- Elizabeth is 27 years old and lives in Sayre, PA.
- She is a teacher's assistant for Moppets on Mulberry, a childcare center, and a Zumba instructor, at Fitness with Friends Wellness and the Bradford County YMCA.
- Elizabeth has been involved in Special Olympics for 17 years!
- Elizabeth has competes in athletics, bowling, long distance running (LDR) and swimming.



In 2018, Elizabeth had the honor and privilege of competing in swimming and serving as the Health Messenger for Team PA, at **USA Games 2018**, in Seattle, Washington! When Elizabeth is not flying through the water or burning up the trail in competitions, she serves as a Global Messenger, a Health and Fitness Coordinator, and an Athlete Leader Representative.

Elizabeth wants **YOU** to JOIN the KEYSTONE SUPERSTARS to HAVE FUN EXERCISING and to RAISE FUNDS to benefit Special Olympics Pennsylvania!

Region 4:

Team UNstoppable



Representing Area P, Lackawanna, Luzerne, Pike,
Susquehanna, Wayne, and Wyoming Counties

Team Captain: Meaghan Martin

- Is 30 years old and has been a Special Olympics athlete since she was 8 years old
- She competes in athletics, bowling, basketball, and bocce.
- Meaghan often calls Special Olympics her second family
- She is a Global Messenger for Special Olympics PA and has joined ALU to help teach peers to be Global Messengers.
- She has been very active in fundraising events for Area P. S



Region 5:

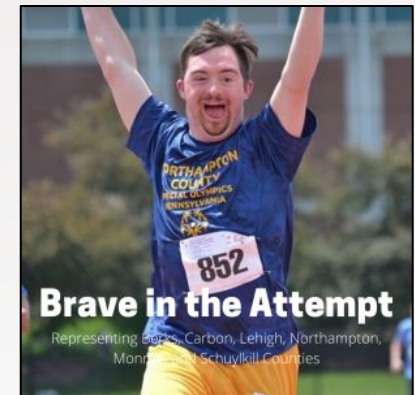
Team Brave In The Attempt



Representing Berks, Carbon, Lehigh, Northampton, Monroe, and Schuylkill Counties

Team Captain: Tyler Youngkin

- Tyler is turning 25 years old in July and lives in Bethlehem
- He is a volunteer firefighter for Hecktown Co #53! Talk about BRAVE!
- Tyler has been participating in Special Olympics since he was 8 years old...17 years!
- He has participated in a variety of sports including: basketball, bowling, floor hockey, skiing, and track and field.
- Tyler loves getting the crowd pumped up during competitions!
- Outside of Special Olympics, he works as a busboy at Pizza Joe's Restaurant and volunteers at Moravian Hall Square in Nazareth
- Tyler also helps teach Sunday School at Dryland UCC, and loves to listen to music.



When you join team Brave in the Attempt, you are getting the opportunity to compete alongside a Special Olympics Pennsylvania Global Messenger, Athlete Leader and multiple gold medal winner. Whew....that's a lot of hard work to achieve those milestones. Tyler hopes to bring the same dedication as your team captain.

Region 6: Inclusion Lives Here



Representing Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties

Team Captain: Celine Heffron-Pero

- 26 yr old athlete from **MONTGOMERY AND CHESTER COUNTIES**
- Her goal is to have everyone understand and live with **INCLUSION**
- Celine has competed for five years
- Her Unified Soccer team brought home the silver medal in the **2018 USA Games**
- She has participated in soccer, basketball, skiing, flag football, floor hockey, gymnastics and track and field
- Celine is a trained Global Messenger and loves talking about all that Special Olympics has given her.
- She plays piano and is now learning to play the Ukulele and has a gift for ceramics and stained glass.



At Special Olympics Celine says she is accepted for who she is. She has learned that she is good at sports; but also a great advocate for Special Olympics Pennsylvania. She seizes opportunities to welcome others to join and support Special Olympics in any way they can.

Region 7: 50 Years of Awesomeness!



Representing Adams, Cumberland, Dauphin, Juniata, Lancaster, Lebanon, Mifflin, Perry, and York Counties

Team Captain: Zach Hicks

- Self-advocate who enjoys telling his story so that he can help others in the disability community.
- Currently serves as a Board Member of the ARC of Pennsylvania
- Appointed to the Governor's Commissions for Employment 1st for people with disabilities.
- Works at Hershey's Chocolate World as a theater usher
- He is an excellent dancer!
- SOPA athlete for 22 years. Currently, the sports he participates in are golf and bocce ball.
- Trained to be a Global Messenger & Athlete Representative. He is currently on the program mgt. team for our Area M Program.



Zach is very compassionate when it comes to people; but don't let his sweet demeanor fool you-he is a fierce competitor in his sports. And that is exactly why he wants to lead Team SOPA-50 years of Awesomeness to fundraising victory!!!

Region 8: Team Titans



Representing Bedford, Blair, Cambria, Franklin, Fulton, Huntington, and Somerset Counties

Team Captain: Jessica Hott

- 29-year-old athlete from Bedford County.
- She has had the chance to meet new people, make friends and play all the sports she enjoys.
- She has been a SOPA athlete for 10 years and have participated in softball, bowling, track and field, and Long Distance Running.
- My favorite sport is LDR because I LOVE to run.
- I enjoy riding my horse in our field, shooting a basketball, fixing puzzles, watching old TV shows, and running in local and virtual 5K events.



My role model is Dwayne Johnson, The Rock, because it says "Bring It" on his shirts, and that makes me want to always do my best. My goals are to make it to the USA Games someday and to be able to participate in the Law Enforcement Torch Run. I would like to carry the torch. That would be the best feeling ever!

Region 9: Gold Medal Diggers



Representing Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland Counties

Team Captain: Isadora Silk

- Izzy has been with Special Olympics since 2003, that's 17 years!
- She is 43 and from Squirrel Hill neighborhood of Pgh.
- She participates in a variety of sports – bowling, basketball, bocce, golf, soccer, tennis, and track and field!
- The best part of Special Olympics for Izzy? **Everybody gets a chance to play!**
- Outside of Special Olympics, she works in retail as a cashier and enjoys scrapbooking and crafts.



When you join this team, you're getting the chance to compete alongside a **World Games athlete!** Izzy competed at World Games in China in bowling, as well as two USA Games – in New Jersey and Seattle – also in bowling. Also, in 2007, she was inducted into the Pennsylvania Jewish Sports Hall of Fame. **What an athlete!**

Questions??



For more information contact Jess Kury
jkury@specialolympicspa.org



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What Are We Asking YOU To Do?



JOIN US!

We encourage all of you to please give the AMRAP challenge a try, help us fundraise and spread the word about the event.

