



CELEBRATE 3.21 • SPORTS & REC

Sports & Rec League Kit

Everyone belongs on the team



For school teams, rec leagues, clubs, and gyms: a Rock Your Socks game night, unified sports ideas, the 3-2-1 challenge, announcer and coach scripts, social copy, and a banner sign.

WHAT'S INSIDE

- | | |
|------------------------------|-----------------------------|
| 1 Rock Your Socks game night | 2 Unified & inclusive ideas |
| 3 3-2-1 challenge | 4 Announcer script |
| 5 Coach's talk | 6 Banner sign |

START HERE

Game on for 3.21

For school teams, rec leagues, clubs, and gyms. Sports are one of the best places to show that everyone belongs on the team.

ROCK YOUR SOCKS GAME

- Players wear fun socks in warm-ups (or the game, if allowed)
- Fans wear socks too
- Announcer script (page 3)
- Halftime feet photo

UNIFIED & INCLUSIVE

- Spotlight a unified team or Special Olympics athletes
- A unified scrimmage or shootaround
- Invite athletes with Down syndrome to lead warm-ups (if they'd like)
- Partner with Special Olympics Ohio

AROUND THE GAME

- Sock-colored ribbons or wristbands
- Sell or give away fun socks
- 3-2-1 challenge between teams
- Post the team sock photo

3-2-1 CHALLENGE

3 exercises × 21 reps (or 3 laps, 2 sprints, 1 team cheer). Film it, post it, and challenge another team.

CHECK THE RULES

Ask your league, athletic director, or officials about uniform socks. Fun socks in warm-ups are almost always OK.

CELEBRATE ATHLETES

Feature athletes with Down syndrome only with their OK, as athletes first: their sport, position, and highlights.

Did you know? Special Olympics was founded in 1968 and today includes unified sports, where athletes with and without intellectual disabilities play on the same team. Search for Special Olympics Ohio to find local programs.

WHAT IS DOWN SYNDROME?

A person has an extra copy of chromosome 21. It happens naturally, in every kind of family.

WHY 3/21?

Three copies of chromosome 21. The UN recognized World Down Syndrome Day in 2011.

HOW MANY?

About 5,700 babies with Down syndrome are born in the U.S. each year.

SAY IT

Announcer & coach scripts

Read before the game, at halftime, and after.

PREGAME (30 SECONDS)

“Welcome to tonight’s Rock Your Socks game! This week is World Down Syndrome Day. People with Down syndrome have three copies of chromosome 21, so on 3/21 we celebrate them. Look down at your socks, and look at our players’ socks! Different looks good here.”

HALFTIME (30 SECONDS)

“Everybody stand up and show your socks! We’re taking a crowd feet photo right now for Celebrate 3.21. Post yours with #Celebrate321 and #WorldDownSyndromeDay. [Optional: Please welcome our unified team / tonight’s honorary captain.]”

COACH’S LOCKER-ROOM TALK (1 MINUTE)

“Tonight we wear these socks for people with Down syndrome, and for everyone who’s ever felt left out. A team is at its best when every player belongs. Let’s play like that tonight, and every night.”

SOCIAL POST

“Our team rocked our socks for World Down Syndrome Day! Everyone belongs on this team.
#Celebrate321 #WorldDownSyndromeDay”

PHOTOS & PERMISSION

- Feet photos are easy and private
- Ask before posting any face
- Never post children without a parent’s OK
- Let people with Down syndrome tell their own story



ROCK YOUR SOCKS GAME

**Everyone
belongs on
this team.**

Celebrating World Down Syndrome Day, March 21.

#Celebrate321 #WorldDownSyndromeDay

