

My effect on Special Olympics and its effect on me

By Rebecca Stolker



For my capstone project I volunteered with the organization Special Olympics. Every Sunday from October to May since 2016. I shadowed a high school senior who was working with my athlete, Sammy, before me. When she graduated I took over her place as Sammy's coach.



My Athlete

Sammy is a nonverbal 30 something. We have been working together for 5-6 years. I started with special olympics in 2016 and we have been working closely since.





SLA core values

I did research to make my athlete a program. I had to look at the elements needed and the requirements that needed to be met. I collaborated with my special olympics family every week, I worked with Sammy to be able for him to do his program. I presented at York in front of all the Special olympic associations all around the country. Sammy got first place in his group.





For my capstone project I worked with my athlete Sammy every Sunday from early in October to March, to prepare him for the competition at the end of each season, around march. We worked on his skating skills, skating accuracy, and his final program which has elements that are determined by the rule book.



I am most proud of my Special Olympics family and how much they helped in this process. I am so proud of myself and Sammy for working together for six-seven years. Along with dealing with the pandemic. When Sammy first came back from our couple month break it was hard for both of us to overcome the change but we did it. I learned that resilience and support can grow self confidence and skill.



THANK YOU SO MUCH FOR COMING
TO MY CAPSTONE!

