

"Let me win. But, if I cannot win,  
let me be brave in the attempt."  
- Athlete's Oath



Greater Lehigh Valley  
& Pocono Region

Serving Berks • Bethlehem • Carbon • Lehigh • Monroe • Northampton • Schuylkill

# Become an Athlete

Special Olympics PA's Greater Lehigh Valley & Pocono Region gives children and adults with intellectual disabilities the chance to train and compete in a variety of Olympic-type sports.

Special Olympics training and competition is:

- Free of charge
- Offered year-round
- Open to anyone with an intellectual disability, ages 8+
- A way to develop physical fitness
- A chance to share gifts, build skills, and make friends
- Part of regional, statewide, national, and international competitions



To become an athlete, or for more info:

Jason Merola, Regional Sports Director  
jmerola@specialolympicspa.org  
610-850-0449 x 4

## Carbon County



ATHLETICS



BOCCE



BOWLING



LDR/W



POWER  
LIFTING



SNOWBOARDING

## Lehigh County



ALPINE SKIING



AQUATICS



ATHLETICS



BASKETBALL



BOCCE



BOWLING



GYMNASTICS



SOCCER



SOFTBALL



VOLLEYBALL

2158 Avenue C., Suite 201, Bethlehem, PA 18017  
610-850-0449 | specialolympicspa.org

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# Become a Volunteer

Volunteers are the backbone of Special Olympics PA. Each year, thousands of volunteers dedicate countless hours to give children and adults with intellectual disabilities the chance to train and compete in a variety of Olympic-like sports.

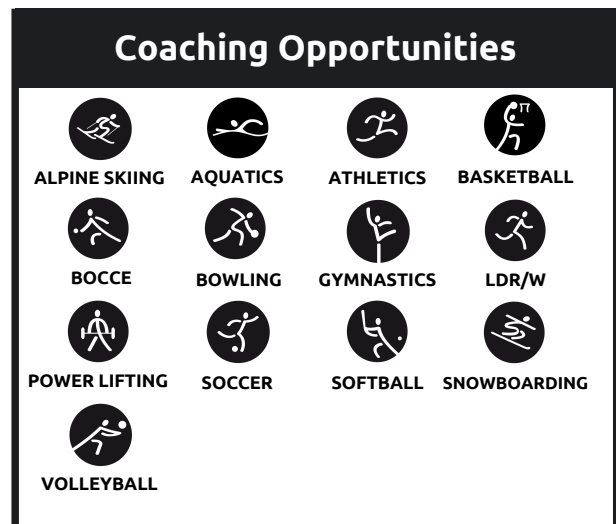
## Coaching:

As a coach, you will:

- Serve as a **role model**
- Provide **skills training** for athletes
- Help athletes **demonstrate courage** and **build character**
- Help athletes **develop positive attitudes**
- **Encourage camaraderie** among athletes

To **become a coach**, contact:

Jason Merola, Regional Sports Director  
jmerola@specialolympicspa.org | 610-850-0449 x 4



## Volunteer at a Regional Event:

You can also support Special Olympics athletes as an event volunteer. There are a number of opportunities year-round, such as:

- Local and regional sports competitions
- Community events
- Social events and dances
- Fundraisers

To become an **event volunteer**, contact:

Coryna Barberis, Regional Admin. Manager  
cbarberis@specialolympicspa.org | 610-850-0449 x 2



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