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

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

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