



Special Olympics
Texas

Adult Transitioning

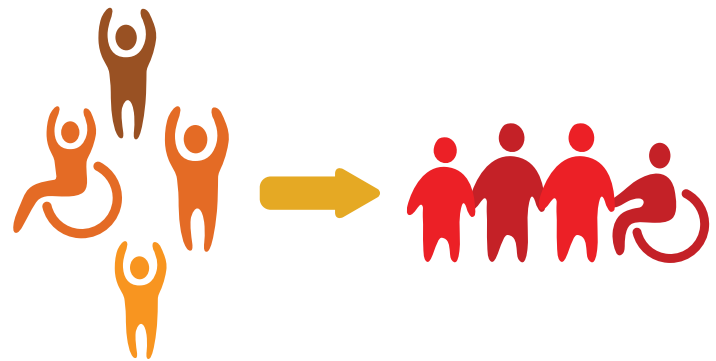
Join an existing adult team.

Contact your SOTX area office for a list of adult teams in your area.



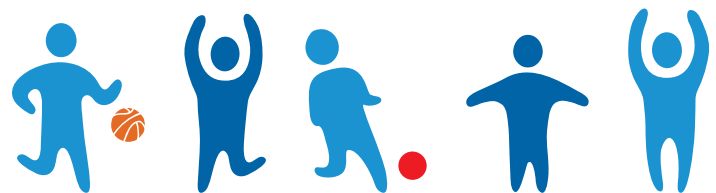
Create a new adult team.

Best idea: form an **alumni team** for athletes that will be high school graduates.



Get involved with non-competitive programs.

Be active and healthy by participating in non-competitive programs: Athletes in Training, Just Get Up and Move, DADs Texercise or Individual Skills.



Contact your SOTX area office to obtain information and next steps.
Visit www.sotx.org/areaoffices or call 800.876.5646.