

# ***Special Olympics*** ***St Albans***



Special Olympics Great Britain (SOGB) is an international charity which promotes individuals with an Intellectual Disability 8 years+ to access sports at both a training and competition level. Special Olympics St Albans (SOSA) is a local registered charity which operates as a part of SOGB, with this very principle but within the St Albans District. SOSA run sessions in Athletics, Basketball, Boccia, Swimming, Equestrian and Multi-Sports (a session that works as a 'taster' for a range of different sports).

**FOR MORE INFORMATION ABOUT BECOMING  
A SOSA ATHLETE OR VOLUNTEERING OPPORTUNITIES  
PLEASE CONTACT**

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