Welcome to the 2020 Virtual Summer Games Rhode Island! We know these times are tough and we are trying our best to make this enjoyable for you as athletes. Throughout this slideshow is a series of drills, sports and games to play to make this enjoyable for you and your families as possible. Please make sure you stay safe and strong!

Can't Stop The Feeling!

Special Olympics Rhode Island

Virtual State Summer Games

May 29 & 30, 2020

Let me win.
But if I cannot win,
let me be brave
in the attempt.
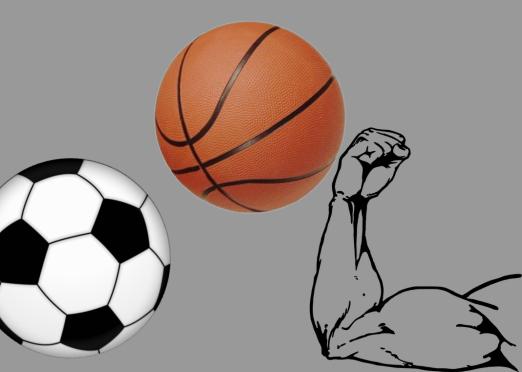- Special Olympics athlete oath

Games and Sports

Special Olympics
Rhode Island

Interviews

Josh Carufel, Brady Pendergast and Nick Carufel explain how them and their community is involved with Special Olympics Rhode Island.

Special Olympics
Rhode Island

Interviews

Athlete Brady Pendergast shares his experience with Special Olympics Rhode Island with Casey Rhodes.

Casie Rhodes talks about coming out of your comfort zone.

Dribbling

How many times can you dribble a ball standing or sitting in place in 60 seconds?

Lay ups

How many can you make in 20 attempts? 10 on the right and 10 on the left side.

FreeThrows

How many made free throws in 20 attempts?

Three Pointers

10M Sprints

How many can you complete in 30 seconds?

50M, 100M, and 200M Dash/Walk/Wheelchair Race

How fast can you run, walk, or wheel a 50M, 100M, and 200M?

Tennis Ball Throw

How far can you throw a tennis ball? {15M max}

Push Ups

How many push-ups can you do in 30 seconds?

Sit Ups and Boxer Punches

How many sit-ups can you in 30 seconds?

Seated Marches

How many seated marches can you do in 30 seconds?

Juggle

How many times can you juggle a soccer ball in 30 seconds?

10M Speed Dribble

How fast can you dribble a soccer ball 10M while remaining in control?

Toe Touches

How many toe touches can you get in 30 seconds?

Tick Tock

How many taps between your feet can you complete in 30 seconds?

Shots On Goal

How many shots out of 5 can you make?