

Helpful Resources:

Special Olympics Massachusetts Healthy Athletes Program:

- More Information, including contact information, can be found at:
http://www.specialolympicsma.org/healthy_athletes.php

Accessing Services and Healthcare for Athletes:

- Massachusetts Network of Information Providers has members from every spectrum of the disability service field and their goal is to connect people with disabilities to all of the resources that are available to them:
www.disabilityinfo.org

Nutrition Planning and Weight Management:

- Learn the basics about what athletes should be eating each day for optimal performance
www.myfoodpyramid.gov
- Interactive materials on the power of choosing a healthy diet
http://www.fns.usda.gov/tn/Resources/power_of_choice.html

Hydration Tips:

- Various Resources on proper hydrations are listed on this sports medicine search engine:
<http://sportsmedicine.about.com/od/hydrationandfluid/a/ProperHydration.htm>

Injury Prevention/Treatment:

- National Center for Injury Prevention and Control offers tips on how to prevent injuries
<http://www.cdc.gov/injury/index.html>
- Tips from the Children's Hospital of Pittsburg on what to do if your athletes encounter common injuries like sprains, eye injuries, bites/stings, head, neck or back injuries, etc.
<http://www.chp.edu/CHP/Treating+Common+Injuries>

Tips on Interacting with People with Disabilities:

- Great resources and tips about how to feel comfortable and have meaningful interactions with people who have disabilities:
www.unitedspinal.org/disability-publications-resources/disability-etiquette

Disability Rights and Legal Concerns:

- American Disability Association: Toll-free Phone: 800.514.0301; Website:
www.ada.gov