

I am pleased to share some exciting news with you. Milton High School is proud to announce that they will become a Unified Champion School this Spring. I have asked Athletic Director Ryan Madden to share the details here.

The Milton High School Athletic Program, governed by the Massachusetts Interscholastic Athletic Association (MIAA) in partnership with Special Olympics Massachusetts (SOMA), is focused on the inclusion of all students. This program is a comprehensive model of our Unified Schools' strategy that combines Unified Sports, Inclusive Youth Leadership and Whole School Engagement to create the greatest impact. These activities aim to help reduce bullying and exclusion, promote healthy activity and interactions, combat stereotypes and stigma, eliminate hurtful language in our school and engage people in social activities that lead to personal growth. Milton High School looks to take the first step by creating a Unified Track and Field Team starting March 25, 2019! This Track and Field program is open to all students with and without intellectual disabilities to participate alongside one another. There are over 73 schools participating in the state of Massachusetts. Students are not paired, like in Best Buddies, but rather teammates that mentor and coach each other as they train and compete together.

Students in grades 9 thru post-graduate year may participate. The track program will run from late March to early May and will include the following events: shot put, javelin, long jump, 100 meter run, 400 meter run, 800 meter run, 4×1 relay. Each school's team must consist of equal number of students with and without disabilities who will serve as partners for the events. Beginning March 25th, practices will be held Mondays and Tuesdays from 2:30 to 3:30pm at Milton High School. Students will also compete in four meets that will generally be held on Thursdays. Two of those meets will be at home and two away. This will be followed by a district qualifier and then a State Championship for those individuals who qualify. Competition is based on students of similar athletic ability in heats/flights. All students' performances count and potentially contribute to the team's success, not just the fastest runners and longest throwers.

If your child might be interested, we encourage getting a new physical as soon as possible. For more information, please visit the [Unified Sports website](#). [An application of interest can be found here](#). We will also be looking for fans in the stands during our meets so stay tuned for updates!