

2026 Spring Sports

Summer Games: 6/12/2026 – 6/14/2026

Pickleball State Competition: 6/20/2026

Athletics - 2026	
Description	Athletics encompasses all track and field events: short, middle, and long distance running, relays, shotput, mini-javelin, softball throw, as well as running and standing long jumps. There are levels for every age and ability including wheelchair events.
Practice Details	Wednesdays: 6:00pm – 7:30pm Saturdays: 10:00am – 12:00pm Location: Wilde Lake High School Dates: 4/8/2026 through 6/10/2026

Bocce – 2026	
Description	Bocce, or as some call it, lawn bowling, is a cross between bowling and croquet. It is played on a court of either grass, packed sand or artificial turf by Individuals, Traditional Doubles Teams (two Special Olympics Athletes) Unified Doubles Teams (one Special Olympics Athlete and one Non-Special Olympics Athlete), 4 Person Traditional teams (four Special Olympics Athletes) or 4 Person Unified Teams (two Special Olympics Athletes and two Non-Special Olympics Athletes.)
Practice Details	Saturdays: 10:am – 11:15am Skills/Recreational Saturdays: 10:00am -1:00pm Advanced/Competing Location: Cedar Lane Park West Dates: 4/11/2026 through 6/6/2026

Cheer/Dance Skills - 2026	
Description	Athletes in the Cheer/Dance Skills group will not participate in competition. This group is meant to help athletes gain the skills to compete independently and at a level needed for competition. Athletes will learn different cheerleading and dance moves like high kicks, squats, high V, low V, etc.
Practice Details	Wednesdays: 6:15pm – 7:15pm Location: Cedar Lane School Dates: 4/8/2026 through 6/10/2026

Cheerleading - 2026	
Description	Athletes can join either the traditional cheerleading group, poms, or the hip hop dance team.
Practice Details	Thursdays: 6:00pm – 8:00pm Location: Cedar Lane School Dates: 4/9/2026 through 6/11/2026

CrossFit Session A Spring - 2026	
Description	CrossFit incorporates aerobic exercise, bodyweight movements, and barbell movements. The goal of the strength and conditioning program is to improve the overall fitness of each athlete while developing the skills to improve the demands of everyday life. Safe modifications can be made for any movement to still be challenging.
Practice Details	Wednesdays: 7:00pm-8:00pm Location: CrossFit PCR, 9449 Baltimore National Pike, Ellicott City Dates: 4/8/2026 through 6/10/2026

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CrossFit Session B Spring - 2026

Description	CrossFit incorporates aerobic exercise, bodyweight movements, and barbell movements. The goal of the strength and conditioning program is to improve the overall fitness of each athlete while developing the skills to improve the demands of everyday life. Safe modifications can be made for any movement to still be challenging.
Practice Details	Saturdays: 11:00am-12:00pm Location: CrossFit PCR, 9449 Baltimore National Pike, Ellicott City Dates: 4/11/2026 through 6/6/2026

Hip Hop Dance - 2026

Description	Athletes can join either the traditional cheerleading group, poms group or the hip hop dance team. Athletes may sign up for Hip Hop OR Poms, but not both.
Practice Details	Tuesdays: 6:00pm – 7:15 Group 1 Tuesdays: 7:30pm – 8:45pm Group 2 Location: Cedar Lane School Dates: 4/7/2026 through 6/9/2026

Pickleball - 2026

Description	Pickleball is one of the fastest growing sports in the US combining elements of tennis, badminton and table tennis. Athletes play on a court smaller than that of a tennis court and can be played either in singles or doubles. The game is played by hitting a perforated polymer “wiffleball” with a composite paddle over a net.
Practice Details	Sundays: 1:00pm – 3:00pm Location: Dill Dinkers Dates: 3/15/2026 through 6/14/2026

Poms - 2026

Description	Poms is a dance team that does a choreographed "dance" routine of turns and leaps to music in Cheer uniforms using pom-poms with no lifting, tumbling or shouting. Athletes may sign up for Hip Hop OR Poms, but not both.
Practice Details	Wednesdays: 7:30pm – 8:45pm Location: Cedar Lane School Dates: 4/8/2026 through 6/10/2026

Softball Skills - 2026

Description	New to softball and want to try it out? The Softball Skills team allows participants to practice and hone their skills in hitting, base running, throwing, fielding and more! Work up to playing in scrimmages during practices for fun.
Practice Details	Saturdays: 10:00 – 12:00 Location: Cypress Meade Park Dates: 4/11/2026 through 6/6/2026

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Softball – 2026

Description	Experienced athletes can participate on the veteran team, which is made up of individuals who have previously played softball. Athletes are divided into three teams.
Practice Details	Wednesdays: 6:30pm – 8:30 Sundays: 1:00pm – 4:00pm Location: TBD Dates: 4/8/2026 through 6/10/2026

Spirit Fitness Spring - 2026

Participation requirements	Athlete is new to Spirit Fitness Requires family member, support staff, or additional assistance from instructor for instructions and engagement Able to understand verbal instruction or model instructor with some assistance Able to perform most gross motor movements Able to engage in workout activity for up to 1 minute at a slow-moderate pace
Practice Details	Mondays: 6:00pm-7:00pm Location: Athlelas Institute, 9104 Red Branch Rd, Columbia Dates: 4/6/2026 through 6/8/2026

Spirit Fitness- Advanced-Spring - 2026

Participation requirements	Competes in Special Olympics Team Sports or advanced levels in individual sports Athlete has participated in 1 or more Spirit Fitness programs and easily keeps up with the pace of the class Able to participate in program independently with minimal prompts from instructor for engagement in activity Able to understand verbal instructions and some multi-step directions Able to perform gross motor and some complex movements Able to engage in workout activity for more than 1 minute at a moderate-fast pace
Practice Details	Tuesdays: 6:00pm-7:00pm Location: Athlelas Institute, 9104 Red Branch Rd, Columbia Dates: 4/7/2026 through 6/9/2026

Young Athletes Program Spring - 2026

Description	Special Olympics Young Athletes is an early childhood play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing.
Practice Details	Wednesdays: 6:15pm-6:45pm or 7:00pm-7:30pm Location: To be determined Dates: 4/15/2026 through 6/3/2026