



50 Lees Street
Red Deer, Alberta T4R 3R6
Phone: 403-342-4800
Fax: 403-343-2249
www.notredamehigh.ca

École Secondaire Notre Dame High School hosting 1st Annual ND Unified Cougar Classic on Friday, April 12

For immediate release – April 8, 2024

[Red Deer, Alberta] — École Secondaire Notre Dame High School is proud to announce the 1st Annual ND Unified Cougar Classic, set to take place on Friday, April 12, 2024, from 10:00 am until 2:00 pm. This event marks a significant milestone in the mission to foster inclusivity and camaraderie among high school students through sports. The ND Unified Cougar Classic will bring together students with and without intellectual disabilities to train and compete side by side, showcasing the true spirit of teamwork and mutual respect.

Unified Sports teams are composed of athletes (students with intellectual disabilities) and partners (students without intellectual disabilities), promoting an environment of equality and inclusion. Each team is carefully assembled to ensure a balance of skills, offering every participant the chance to contribute to their team's success with their unique abilities.

This year's event underscores our commitment to creating a supportive and fun environment where athletes can compete fairly and safely. Coaches play a crucial role in fostering this atmosphere, working tirelessly to ensure that the principles of Unified Sports are upheld in every game and activity.

The 1st Annual ND Unified Cougar Classic is not just a competition; it is a celebration of the power of sports to bring people together, breaking down barriers and creating lasting friendships. We are thrilled to have this opportunity to cheer on these remarkable teams as they demonstrate the true meaning of unity and sportsmanship.

For more information about the event and how to support Unified Sports, please contact **Alison Snow**, Senior Foundations Teacher - École Secondaire Notre Dame High School.

About ASAA Unified Sports

ASAA Unified Sports is a pioneering program that unites high school students with and without intellectual disabilities through sports. By training and competing together, participants experience firsthand the importance of inclusion, respect, and the joy of sports. Our goal is to foster a world where everyone is recognized for their abilities and celebrated for their achievements.