



July 13, 2018

Dear Local Coordinators:

I want to alert you to the fact that we will be starting a Fishing Program with a Unified and Family Division this year for two person teams. There are three (3) models of Unified Sports® and this would fall under the banner of the “recreational model”. There are many benefits to fishing:

- Enhances social interaction
- Research shows that outdoor activities are extremely beneficial for stress relief and creative problem solving
- Allows people to be meditative, the art of “being in the moment”, making fishing a mindful holistic activity
- Spending time in a natural environment helps to calm anxiety
- An inexpensive activity that does not require the purchase of costly gear

I am happy to tell you that we will start off with a statewide Unified Fishing Tournament during the week of the Unified Sports Fall Festival. Whatever teams catch the biggest bluegill sunfish, yellow perch, largemouth bass or channel catfish will win a trophy and their picture will be posted on the SOCT Facebook page. This tournament will be open to any teams that are not competing in any capacity in the Unified Fall Sports Festival. We are looking forward to using this program to get more people spending time together in a relaxed setting while enjoying nature.

We have a long term plan that will include training in 2019 and the addition of saltwater species of fish to the statewide tournament. We hope to include a Skills Competition in 2020.

Please let me know if you think you might have interest from your Local Program by sending an email to my assistant Kelli at kellib@soct.org by August 1, 2018.

Sincerely,

Beau Doherty

President

