

Katherine Harms

*Special
Olympics
Illinois*



1. How long have you been with Special Olympics?

I have been with Special Olympics for 13 years. I have participated in swimming, track, and basketball.

2. How has Special Olympics changed your life?

I have made many good friends -- both teammates and coaches. My sports have helped me stay fit and get good exercise. I have become more confident and feel great about my accomplishments.

3. What has been your biggest obstacle to overcome?

My biggest obstacle has been working hard to be able to swim the individual medley. My stamina is not always the greatest, but I trained hard to be able to swim all four strokes and do the entire medley.

4. What makes you most proud?

My individual medley successes make me very proud because I worked so hard to compete in this event. I was also named the Special Olympics Female Athlete of the Year at the State Farm student athlete recognition event.

5. What are some other accomplishments you are proud of?

I graduated high school in 2018 after participating in many activities, including four years of chorus, managing the volleyball team, cheerleading, and 4H. I completed a two year program at our community college called the HALO program. I have earned many Special Olympics medals.

6. What other interests or hobbies do you have?

My interests include music, dancing, reading, painting, and cooking. I like to participate in two small groups with friends online -- writing and socializing. I am part of Illinois State University's chapter of Best Buddies. I also participate in Camp Pals every year.

7. Who do you admire most and why?

My sister is my biggest role model. I admire her and want to be like her.



SPECIAL OLYMPICS
USA GAMES
ORLANDO 2022

8. What does attending USA Games mean to you?

I feel honored to have been invited. I have worked so hard to be where I am now. I can't wait to swim again just to see my swim friends and coaches again, but also to meet new people. I look forward to working hard and achieving my goals. I am also happy to be supported and loved by my team and family. I will always show support to others no matter what I place in a race.

9. How are you preparing/training for USA Games?

I will be practicing and training with my swim coach and a couple of my Special Olympics teammates.

10. Have you been to a World Games or USA Games before?

None

11. Are you employed? If so, where at and what's your role?

I currently work at our local ice cream/coffee shop as a cafe worker. I have worked at a hair salon and a daycare in the past.

12. Are you a currently a student? If so, where and is it a Unified Champion School?

No

