

# Alicia Marta

**Special  
Olympics**  
Illinois



**Sport: Bowling**  
**Hometown: Springfield, IL**  
**Age: 46**

## **1. How long have you been with Special Olympics?**

I have been competing in Special Olympics for 30 years. I joined in late 1990 when I was a freshman in high school thanks to a wonderful teacher I had. I have competed in multiple sports over the years including softball, volleyball, track and field, soccer, basketball, bocce, bowling, downhill and cross country skiing, and swimming. I currently compete in bowling and bocce. I have previously been a certified track and field coach.

## **2. How has Special Olympics changed your life?**

It has helped me thrive and gain confidence and independence as a person, it has helped me learn to play sports, and it has helped me make many new friends.

## **3. What has been your biggest obstacle to overcome?**

I have learning disabilities, fears, and doubts. Being in Special Olympics has given me the opportunities to grow and mature into an adult and to overcome so many obstacles in life. It has helped me to gain confidence in myself and others. I've learned to accept my disabilities and challenges in life and live to my best potential!

## **4. What makes you most proud?**

I'm proud to be a wonderful dog mom, a wonderful daughter to my parents, and a wonderful friend to many! I'm proud of my Special Olympics career!

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

I've won awards in bowling and softball and I've won other awards in the past in school too!

## **6. What other interests or hobbies do you have?**

I enjoy volunteering at my church, volunteering in the community, volunteering at local nursing homes, walking my dog, riding bikes, reading at watching movies, Special Olympics sports, plastic canvas making, and doing puzzles.

## **7. Who do you admire most and why?**

I admire my parents for raising me to become the person I am today, I admire myself for overcoming obstacles and disabilities, I admire friends and family for always being by my side, and I admire celebrities for all the positive things they do!



**SPECIAL OLYMPICS**  
**USA GAMES**  
ORLANDO 2022

**8. What does attending USA Games mean to you?**

It means the world to me. This will be my first experience at USA Games. I look forward to all the fun times, new friends, and all the new experiences I will have! I look forward to getting to go on an airplane and going on a nine day trip!

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

I'm practicing bowling techniques, losing weight and gaining more core strength, and walking more.

**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?**

No, I'm not.

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

No

