

Alysia Specht

*Special
Olympics
Illinois*



Sport: Powerlifting
Hometown: Frankfort, IL
Age: 44

1. How long have you been with Special Olympics?

I have participated in Special Olympics for 11 years. I have played softball, bocce, track and field, powerlifting, and bowling.

2. How has Special Olympics changed your life?

It has helped me to be more confidence and make friends. I was in the newspaper for powerlifting and it made me and my family proud.

3. What has been your biggest obstacle to overcome?

Trying powerlifting was hard at first but I got used to it and got stronger every time I tried

4. What makes you most proud?

Competing in Special Olympics makes me proud whether I win or lose

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

I have gone to Summer Games a lot of times and I'm excited to be on Team Illinois for the 2022 USA Games.

6. What other interests or hobbies do you have?

I like to color and paint. I also like to watch TV shows like Chicago PD, Chicago Med, and Chicago Fire. I also like going for walks.



SPECIAL OLYMPICS
USA GAMES
ORLANDO 2022

7. Who do you admire most and why?

My mom and my dad because they do such a good job taking care of me and supporting me

8. What does attending USA Games mean to you?

I'm very excited to be on Team Illinois. I wasn't sure I was going to make it but they surprised me at SSRA and told me I made the team. It was so fun and exciting.

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

I train with my team but also train at home in our barn with my dad every day. My brother also helps me train and I think he's the best brother ever.

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

This is my first

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

No

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

No

