Special Olympics

Matthew Williams

Hello, my name is Matthew Williams and I am a champion.

I have won medals in three different sports and national games in Canada, competed at the international level in basketball and was proud to represent Canada on the world stage.

I train five days a week for basketball and speed skating, work with top quality coaches and mental performance consultants to be at my best in my sport.

By the way all that is through Special Oympics. Does that change the way you think of me and my accomplishments ? The world does not see all people like me as champions. Not long ago people like me were shunned and hidden away. There has been a lot of change since the Special Olympics began in 1968, but in too many cases people with intellectual disabilities are invisible to the wider population.

People use r-word in front of me and think it doesn’t matter. That’s the word “retard” or “retarded” used in a derogatory manner. They’re not thinking about how much it hurts me and my friends. (fin audio)