



Special Olympics Virginia

Special Olympics Virginia is divided into seven regions: Potomac, Rappahannock, James River, Tidewater, Piedmont, Southwest and Shenandoah. Those seven regions are then further divided into 28 Areas. Each Area utilizes volunteers as coaches, event organizers, unified partners, fundraisers and to generate public awareness. Please call the listed number for your specific Area or Region or our state office if you would like to learn more about becoming a volunteer or know someone who would benefit from participating in our program.

Rappahannock Region

Danielle Pokusa, Director
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(540) 841-1232
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Area 11 includes the town of Fredericksburg and the counties of King George, Spotsylvania, Caroline and Stafford. Serves approximately 355 athletes. Contact information: Tim Doyle: (540) 720-7031; tpdva01@yahoo.com

Area 23 includes Prince William County and the cities of Manassas and Manassas Park. Serves approximately 200 athletes. Contact information: Rhoda Heller-Holy: (703) 730-3359; prwmso@comcast.net

Area 27 includes Fauquier County. Serves approximately 60 athletes. Contact information: Neil Rossmeissl: (540) 347-1708; fast.coach@erols.com

Area 28 includes Essex, Lancaster, Northumberland, Richmond and Westmoreland Counties. Serves approximately 45 athletes. Contact information: Gayle Dungee: (804) 443-5592; gdungee@essex.k12.va.us

State Office:

Special Olympics Virginia
3212 Skipwith Road, Suite 100
Richmond, VA 23294

(804) 346-5544 or (800) 932-GOLD

Contact us at info@specialolympicsva.org

For more information visit www.specialolympicsva.org