

My name is Hayden Redmon

My team and delegation name is River City Rumble

I'm from Louisville Kentucky

I am 28 years old

The sports I participate in are softball, basketball, bowling, bocce, and snowshoeing.

I am an athlete and an athlete ambassador and a part time employee for Special Olympics Kentucky.

Special Olympics is my life when I heard summer game's was canceled, I was so upset. I always look forward to seeing the beautiful EASTERN KENTUCKY UNIVERSITY campus and our amazing volunteers. I miss playing bocce with my unified partner and attending the victory dance with my friends. I'm looking forward to seeing my coaches and my teammates. I'm looking forward to hitting a homerun in softball.

Special Olympics is about inclusion, staying active and friendships. Without soky I can't be with my team.

I have tried to stay active and healthy by participating in Fit Friday, and my coach's workout, and taking walks around my neighborhood. I have been staying in contact with my friends on Facebook messenger, Google Duo, and Zoom. Something I have learned from covid 19 is your life can change quickly. Soky is my life and I can't wait to get back to it always stay awesome and amazing.