

Special Olympics B.C.-Nanaimo Newsletter
DECEMBER 2010

SPORT PROGRAMS HOLIDAYS

The programs have their last days in Dec. and starting again in January as follows:

<u>SPORT</u>	<u>FINISH</u>	<u>START</u>
SWIMMING	Dec. 13	Jan. 10
2011		
10 PIN BOWL	Dec. 13	Jan. 10
DRYLAND TRAINING	Dec. 13	Jan. 10
FUNDAMENTALS	Dec.7	Jan. 25
FIGURE SKATING	Dec. 14	Jan. 11
FLOOR HOCKEY	Dec. 14	Jan. 4
RHY GYMNASTICS	Dec. 8	Jan. 10
ATHLETIC CLUB	Dec. 8	Jan. 5
CURLING	Dec. 16	Jan. 6
5PIN BOWLING	Dec. 18	Jan. 8

The athletes in the Dryland training are enjoying their workouts at the Nanaimo Aquatic Center Gym, where they have their aerobic training and the weights. This is a very good training overall and if anyone else wants to join in this opportunity, phone John Campbell or Sylvia for details. The program is now from 6:00-7:00.

That brings to mind---do you have a LEAP CARD from the Parks and Recreation??? This is easy to do and it gets you in on the multiple activities, including the gym and swimming. If you need help, phone Sylvia 758-0630.

VOLUNTEERS

The holiday time is an opportunity to THANK you for the dedication to the Special Olympics athletes. You are the reason the programs can continue to happen. We can never thank you enough, but we can certainly keep trying! Have a great holiday and we will see you in the New Year.

HUGE THANK YOU

Thank you to all who have donated their sales slips from Country Grocer to us. This helps with the food for the dinners we offer to the athletes and volunteers. Now we are starting on the next one so please donate all you can. Canadian Tire money donated to Special Olympics bought THREE new soccer balls for the athletes!! Coach Deryck was pleased to get them. Keep them coming in.

KEEP TRAINING ATHLETES

Just because it is holiday time, you need to keep up your high standard of activity to keep in shape for the sports. This is especially for the athletes going off to the Winter Provincial Games. Lack of training will lead to injury, and we do not want to let down the coaches and team members who have put in the time getting you to the Games. Walk, don't ride; no second plates of food, first one smaller; drink tons of water; do an exercise a day. Thanks for having enough faith in your coaches to keep up your training. Enjoy your holidays and we look forward to seeing you in the 2011.

Volunteer Training

Many of our volunteers spent a very enjoyable weekend at Bethlehem Retreat networking with other volunteers on the Island. There were many interesting courses offered that gave insight into training the athletes. Some more coaches took their National certification coaches course enabling them to work towards attending the competitions with their athletes. Nanaimo Special Olympics is noted for having most of their coaches qualified to teach the athletes and are called upon often to accompany other local's athletes to the Games. This is certainly a feather in our cap and it proves how dedicated our coaches are to giving the best training to the athletes.

YOU ARE NOT JUST PRETTY FACES, YOU HAVE THE KNOWLEDGE ALSO.

We thank you volunteers!