



BC SPECIAL OLYMPICS NANAIMO



Feb. 2010

WELCOME BACK TO A NEW YEAR IN S.O.

Hopefully everyone had a wonderful time off and was looking forward to continuing in your programs once again. We have a few new volunteers and athletes; please make them feel welcome to your club.

This year is a Regional qualifier for winter sports so if you plan to attend, don't forget the rule of having 80% attendance.

Because of the Olympics using the ski hills, we have to go off Island for our qualifiers. The snow events take place in Vernon and Kelowna. This is a financial glitch for us, so we are trying to save money where we can in order to get the athletes to these venues.

Qualifiers in Curling, Figure Skating and Floor Hockey are being held on the Island.

Caregivers, coaches and athletes must think about the time that will be spent away from Nanaimo if you qualify in the Regional competition and go to the Provincials. If the commitment is not possible, then do not attend the Regional Competitions. Qualification in the Provincials means a longer time away attending the Nationals, usually without your own coach.

STAPLES

Tabitha Smith did a great job of organizing the athletes to help out at the Staples stores for the campaign "Give a Dollar, Share a Dream. THANK YOU TABITHA. We only had a few who forgot when they were supposed to put in their shift. Money collected for this fund raiser goes towards getting the athletes to the National Games, which means it helps the five athletes and one coach from Nanaimo to go to London Ontario.

THANK YOU ATHLETES who gave us time at the Staples stores. Please continue to help next year. If you are interested and we haven't called you, give me a call- Sylvia 250 758-0630.



FUNDAMENTALS ATHLETES AND COACHES

Our newest program
FUNdamentals is a
growing success!!
Pictured are the
participants attending the
program in 2009. This

year we have more athletes and coaches. WELCOME and ENJOY. We have received new sport manuals for the teen years that are being modified for the athletes. Looks like fun times ahead. This program will prepare the athletes for the next step of sports that we will offer. We now have manuals to teach young ones basketball, soccer, track and field and snowshoeing. Just have to have coaches and gym times.

VOLUNTEER OF THE MONTH

Rick Stanley has been with Special Olympics Nanaimo going on 22 years. My how time flies!! His official position is Program Coordinator and you have probably seen him at various times at all of the programs you attend. He is there to make sure that you are attending a quality run program. He has also run successful softball and floor hockey programs for a few years. Rick is the person you can call on to look into any problems with your sport programs. He is the one to talk to if you have good ideas for improvement or additional training techniques. Another job aside from this one, he has taken on sending out the applications for the raffles and the lottery grants if we are very low in funding. Sometimes we get what we want, sometimes we don't. Rick is very conscientious about attending every executive meeting, or letting us know if he is unable to attend. He is a voice of reasoning when discussing agenda items, and this quality is carried out when there is a problem that needs sorting out with athletes or volunteers. Thank you for your dedication to Nanaimo Special Olympics, Rick!

CAMP FOR CHAMPS

We have been meeting at the Nanaimo Aquatic Centre weight room to get the National athletes in shape for their games. They are working out for an hour with the weights and cardio machines then the option of an hour swim. We want our athletes to have a better chance to beat their best, and cross training is the way to do it. *** It is also up to them to continue a training plan at home and the most important part, EAT HEALTHY, SLEEP WELL. The week at the Games is an intense time, with long hours and busy schedules. Our athletes are being monitored and trained so they can have the most memorable experience possible. Keep up the training, team, and show everyone that Nanaimo is too tough to beat!

THANKS

The coaches have dedicated their time to the athletes and need to have a word of thanks often, do you do that? Most of them take additional time to program and train athletes to attend competitions and make all the arrangements, thank you for your commitment!

Looking back at past editions, I see that a thank you has not been extended to the volunteers who helped put on the Christmas party. Once again the tables looked festive after we figured out how to get that many people seated. It was our biggest yet and it was a pleasure to see everyone come out. The food as always was cooked to perfection by our volunteers and our servers, the Knights of Columbus, always give the meal a touch of elegance with their suits. And, we do always give a thank you to Santa for dropping in.

That leads into giving thanks to the ones who donate their receipts for Food Country. We are able to redeem these for food items for the banquets thus saving money that goes to the sport programs for the athletes. Keep them coming in!!!

FUNDING

I know it is early but we need new items donated for the fund raisers at the Cranberry Arms. Wendi puts on the DUCK RACES and now a SILENT AUCTION, (the auction takes the place of the Trike races). We get a lot of funding from these events so it would be great to have items to contribute to the prizes or the baskets for auction. KEEP THIS IN MIND before you regift something.

SPORT PROGRAM CUT OFF AND START UP DATES

Last practice dates:

Figure Skating	Finished
Rhy. Gym	March 3 rd
Dryland training	FEB 15 TH
Curling	March 11 th
Swimming	Thurs March 25 th and Mon. March 29 th
FUNDamental	March 23 rd
Floor Hockey	March 30 th
Athletic Club	March 31 st
5 pin bowl	April 24 th
10 pin bowl	April 26 th

SPRING SPORT PROGRAMS START

Track and Field	Mon. April 12 th
Soccer	Tues. April 13 th
Softball	Wed. April 7 th
T-Ball	Wed. April 7 th
Golf	Wed. April 22 nd
Bocce	TBA

Come out and continue to keep yourself active and fit. Get your friends to join you if they are not registered in Special Olympics yet.

VOLUNTEERS- Quote from Denise Yuen

What I want to pass on from my experience as a volunteer is that you should ask questions when you do not understand an idea, plan, or instructions and if you have an idea do not be afraid to share! Most of all, positive attitudes are infectious. If you are always looking on the bright side of things with enthusiasm, you'll likely get the team you're working with behind you. Throw some good communication in there and the team will be a well-oiled machine!

The above quote, taken out of the newsletter from SOBC is also useful for the athletes.



CONGRATULATIONS CRYSTAL AND JAY

The Figure skating athletes traveled to Fuller Lake for the Regional Competition, and two of them came home with wins. Congratulations Crystal Thompson and Jay Brash.



Erin Cote has improved her skating a lot!!



Michael Phillips shows his skating talent for the competition.

ANOTHER TOP NOTCH ATHLETE is DENNIS LYNCH!!
Dennis came away from the Regional qualifier with **FIRST PLACE** in every event at the cross country ski in Kelowna. He entered 100m., 500m. and 1k. Training gets you to the top!