



BC SPECIAL OLYMPICS NANAIMO



2008-2009 WINTER-Dec.- Jan.- Feb.

THE GOOD AND THE BAD

The **good**; Ginger Meers has won the Canucks jersey we were raffling, congratulations.

THANK YOU to everyone who sold the tickets for the jersey, all this money goes towards your sport programs.

The **bad**; Sorry we had to cancel the Christmas banquet, but the **good**; we are going to hold one in February.

CONGRATULATIONS

We now have a final list of the athletes and coaches that will be attending the B.C. SPECIAL OLYMPICS SUMMER GAMES. These games are taking place in Abbotsford July 9th to 12th.

ATHLETES

Chris Crocker	10pin	Jayleen Brash	Rhy Gym
Christine Kroger	10pin	Melissa Lohr	Rhy Gym
Crystal Thompson	10pin	Joanna Steele	Rhy Gym
Erin Cote	swim	Charla Joiner	T & F
Glen McCord	swim	Kaelin Britten	T & F
Kristeen Cooper	swim	Ray Lappalainen	T & F
Kevin Baldwin	soccer	Dennis Lynch	soccer
Christina Milner	soccer	Jason Kemp	softball
Dennis Lynch	soccer	Bill Polz	softball
Serena Brown	5 pin	Ron Greenhorn	softball
Myrna Ager	5 pin	Paul McKinley	5 pin
Leanne Fraser	5 pin	Eric Burton	5 pin

COACHES

Angela Behn Track & Field

John Campbell Track & Field

Doris Montgomery Track & Field

Sylvia Taylor Rythmic Gymnastics

All the athletes should now be working on fitness to keep them in shape for the Games. This requires all athletes going to the Games to be in an additional sport besides the one they will compete in. Also, if you want to bring home medals, you will be training some how at home, walking, jogging, strength, aerobics, dance, just to name a few activities for better athletic performance. Combine traditional strength training moves with carefully selected exercises that are the same as the joint movement pattern and muscle groups that are required for your sport.

It is no secret that in order to improve performance you must train hard and practice often, BUT you must also take appropriate recovery time. This involves proper rest, proper amount of sleep, proper nutrition and control your stress.

If you are not sure what you should do, get in touch with your coach or Sylvia.

******An important note to remember******

SOBC-Nanaimo has a policy in place that athletes going to any Games **MUST** have an **attendance** of **80%** of practice times. If you are not able to attend practice for a **VERY** good reason, **PHONE YOUR COACH.**

COST SAVINGS – You can help!

With your help we are able to cut down on the costs of the banquets. Many have given us the till tapes from a south end store, Country Grocer. We are able to cash them in to buy the items we need. Please continue to do this, so other donations can go towards the sport programs. Thank you.

WE DON'T WANT TO HAVE BAKE SALES, CAR WASHES, BOTTLE DRIVES, SELL CHOCOLATES OR ???

We do have enough success, kind of, with our raffle tickets for sport items. We did well enough, (though some did not hand in unsold tickets soon enough, and some were lost), with the hockey jersey. **NOW WE HAVE ANOTHER HOCKEY STICK!!!**

The hockey stick is signed by **DANIEL SEDIN** who plays



for the NHL team, **Vancouver Canucks**

Watch for these tickets to be distributed and please support the athletes' programs by purchasing some. Your chances of winning is great, we only make 500 tickets in order to get \$1000. We have not quite made it, but hopefully this time it will happen.

VOLUNTEERS

Many of our programs have new volunteers, and we welcome them. We hope they are enjoying the time with the athletes and come away from the programs with smiles, light hearts and knowledge.

All the time Special Olympics BC asks for outstanding volunteers and it is discussed at our executive meetings, always coming up with the same answer **ALL OUR VOLUNTEERS ARE OUTSTANDING**. It was suggested that all the names be put in a hat and pulled out to feature one or two. So each Newsletter we will feature at least one volunteer. Checkout this month's picks!

THIS MONTH'S FEATURED VOLUNTEERS



THE MOTHER & DAUGHTER TEAM

DAWN & CARLA HENDERSON

The athletes have been benefiting from the knowledge of these high profile volunteers since 1999. When Carla came to me and talked about sharing her time with BCSO-Nanaimo swimmers, we talked about the kind of program I expected, FUN with LEARNING. This was her kind of teaching!! Only one problem, this young lady was not old enough to be the head coach, thus enters Dawn. She was the person of age (sorry) that was needed on deck. Carla proved herself many times over, this is most often gauged by continual attendance of athletes and a growing program. Her maturity got her to the Provincial Games with our swimmers and her dedicated coaching got our athletes medals. Many years and many rewards for her and the athletes, she went off to learn how to become a doctor. BUT with email at her fingertips, she sent every lesson plan so her mom did not have that job. Dawn has carried on the FUN with LEARNING lessons with a growing attendance of athletes. Dawn gives the athletes her dedication, through thick and thin with her own health issues. Did I mention Carla's health issues? Both of these beautiful people have been on deck despite their personal challenges that are ongoing, but met. From all of us in SOBC-NANAIMO we give you our biggest
THANKS.

HO HO & Happy Valentines Day Dinner & Dance



WHERE; Moose Hall

WHEN; Sat. Feb 21st

TIME; Dinner at 6:00 pm.

Registered Athletes and volunteers free---**guests \$10.00**

RESERVATIONS REQUIRED !!!

Let us know **by Feb. 7th**. if you are going to attend

No Late Entry

Phone Shirley 753-9895 OR Sylvia 758-0630

HELP is needed to: set up tables

: prepare potatoes in the morning.

Please phone Sylvia (250)758-0630 or Shirley (250)753-9895

We want to take this time to thank everyone who volunteered to help with the Christmas party. We knew we had to cancel when the ones who were to bring the mashed potatoes could not make it out!



NEW PROGRAMS FOR NANAIMO SPECIAL OLYMPICS

We have two new programs starting in Feb. These programs reflect the growing trend of establishing healthy lifestyles at an early age. The Active Start program is for ages 2yrs. to 7 yrs. The FUNdamental program is for ages 7 yrs. to 14 yrs. These programs will be at Fairview School, 4-5pm and 5-6pm. starting Feb 18th. If everyone can spread the word it would help, and we are working alongside Child Development Center (CDC).



BASKETBALL

The Athletic club is now going into a session of basketball, anyone interested in joining them for this sport, show up at Fairview School Wed. 7:00 – 8:30pm.

Anything you want to put into the newsletter?? Please let Sylvia know.