



BC Special Olympics-Nanaimo Newsletter

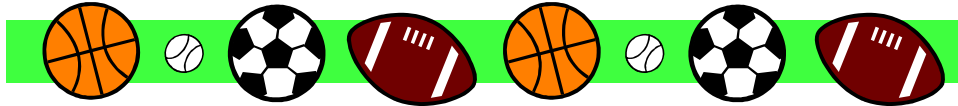


March 2004



Curling

Curling News --On January 24th, 11 athletes and 3 coaches traveled to Esquimalt (Victoria) to curl in an invitational tournament. Victoria's local worked extremely hard to make it a great day for all who attended. We were pleased to have two of our teams take trophies in this event. Emily Elgie, Doug King, Dennis Lynch and Danny Bateman won 1st place and Paul McKinley, Jay Belinski, Curtis Erickson and Chris Crocker took home the third place trophy.



Athletic Club

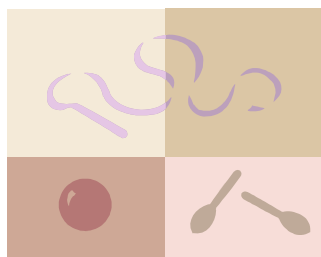
Athletic Club--Wednesday night 7:00-8:30-Dufferin School gym-EVERYONE WELCOME

We have 15 athletes and 5 coaches who come out for a great night of exercise and fun. We start out our evening with some free activity time and social time until Sarah (our new aerobics coach) gets there and leads us off with an energetic aerobics workout. Fitness, endurance, and basic sports skills follow this and we end off our evening with a very boisterous game of soccer, floor hockey or basketball. Come and join us for a fun evening of exercise. We have some exciting nights planned for the spring (maybe a trip to the gymnastic school or some fun Hip Hop dance tunes). Don't miss out. Phone Sharon at 754-1063 if you want more information.



Winter Sports

We have had a very busy season with our winter sports program. Snowshoers, Nordic Skiers and Alpine Skiers have enjoyed several trips up to Mt Washington. Welcome newcomers Crystal Lussier and Kevin Baldwin as well as Snowshoe coach John Baldwin. Highlights of the season have included Ginger Meers (Snowshoeing) and Dennis Lynch (Nordic skiing) going off to Prince Edward Island to represent British Columbia at the National Special Olympics Games, seeing Orrin Jordan ski and race off the tether, Jason *almost* catching Katherine on the Nordic trails, Rick's amazing energy output, Ron's fabulous race times, and who can forget those John Campbell wipeouts! Special thanks to coaches Katherine, John C., John B., and Angela for all their time and energy!



Rhythmic Gymnastics

Rhythmic Gymnastics for girls and ladies is a great club to learn co-ordination and dance skills. At this time we are training the young girls in a skills program where they receive recognition for their learning. This gives them the basics to continue towards doing routines to music. The ladies are working on the routines they have chosen to compete in the Regional competition in Victoria on March 28th. We are a small group with Lynn Fidler, Jayleen Brash, Melissa Lohr, Charla Joiner, Emily Elgie, and Joanna Steele attending regularly. We also have a new athlete, Ann Keating who is doing very well. We are lucky to have many coaches helping at the club, Stephanie Martyn, Kim Williams, Emily Turnbull and Sylvia Miller. It is a fun way to get fit and learn new skills that carry over into other aspects of your life. Join us Wednesdays evenings at Dufferin Crescent Elementary at 6pm - 7pm.



January Birthdays:

Paul McKinley - Jan 6th
Danny Haverstock - Jan 6th
Brian Mitchell - Jan 12th
Eric Burton - Jan 13th
Jayleen Brash - Jan 15th
Crystal Lussier - Jan 25th
George Horvat - Jan 26th

Myrna Agar - Jan 28th

February Birthdays:

Jason Kemp - Feb 14th
Kristeen Cooper - Feb 15th
Stephen Vaughan - Feb 15th
Leanne Fraser - Feb 21st
Joanna Steele - Feb 24th
Aaron Turner - Feb 24th

March Birthdays:

Dustin Cao - Mar 3rd
Angela Gagnon - Mar 3rd
Dennis McLeod - Mar 3rd
Matthew Hunter-Solomon-Mar 3rd
Charla Joiner - Mar 4th
Christine Kroeger - Mar 6th
Richard McLellan - Mar 7th
John Battle - Mar 15th

Leanne Hewitt - Mar 17th
Lois Cain - Mar 20th
Kelly Murray - Mar 24th
Mary Feron - Mar 27th
Jeannie Weidswang -Mar 27th
Richard Cottle - Mar 30th
Brad Hogan - Mar 30th
Rhys Yoshida - Mar 30th



BCSO-Nanaimo has one figure skater this year - Jayleen Brash. When she started skating in October, she could barely stand on skates. Now, she has recently learned her first program and she is zooming around the ice! Well done, Jayleen!

****** Important Dates ******

The following dates are start dates and/or ending dates for programs:

End dates:

Winter Sports - ends March 1st

Floor hockey - ends March 9th

Curling - ends March 25th

Rhythmic Gymnastics - ends March 31st

Athletic Club - ends March 31st

10 Pin Bowling - ends April 19th

5 Pin Bowling - ends April 24th

There is no Athletic Club or Rhythmics on Wednesday, March 17th, due to Spring Break. There is no 5 Pin Bowling April 10th due to Easter

Start Dates:

Track and Field - starts Monday April 5th at NDSS track, 6pm-6:50pm. Please remember there is no bathroom access at the track. Contact Angela Behn, 753-2340, for more information. There is no Track on April 12th, due to Easter.

Soccer - starts Tuesday April 6th at Dufferin Crescent Elementary School, 6pm-7pm. Contact John Campbell, 753-7125, for more information. Please note new day and time.

***** This is a qualifying year for the BCSO Summer Provincial Games to be held in the summer of 2005. In order to go to these games you must have competed at this year's qualifying regional events! Don't miss out! *****



BCSO - Nanaimo has acquired a signed hockey stick from the Vancouver Canucks! This NHL stick has been given to our local for the purpose of fundraising and we are looking for ideas on how to maximize our money return. Please phone Sylvia at 758-0630 if you have an idea on how this stick can help BCSO - Nanaimo make money! No idea is too large or too small! Let's hear those brainstormers!

Thank you Sponsors!

The following athletes have been sponsored in the past year through our Sponsor an Athlete Program. Thank you so much sponsors!

Lorraine Rozzano - Kinette Club

Emily Elgie - Mr. Gordon Wright

Bernadette Hatton and Mary
Lappalainen-

Chris Crocker - Credit Union

L.A. Frat. Order of Eagles

Christine Valette and Rick Meers -
Women of the Moose

Ginger Meers - B.C. Hydro

Pat Pridge - Rotary Club of
Nanaimo

Jason Kemp - Canadian Legion
Branch 10

Bill Polz - Nanaimo Lions Club

Please accept my apologies if I have missed anyone. Please let me know and I will include you in our next newsletter.

Please contact Angela at 753-2340 or at angelabehn@shaw.ca if you have an article you wish to include in the newsletter or if you have any questions or suggestions.

2004 Canadian Special Olympics Winter Games Prince Edward Island

Congratulations to the following athletes on their great results in Prince Edward Island while they were at the 2004 Canadian Special Olympics Winter Games:

Dennis Lynch - Silver 2.5 km Classical Nordic Skiing
- Bronze 1km Classical Nordic Skiing

Ginger Meers - Silver 200m Snowshoeing
- Bronze 100m Snowshoeing

Ray Lappalainen - Silver Floorhockey
Brad Hogan - Silver Floorhockey

Chris Crocker - made it to the medal rounds in curling
Paul McKinley - made it to the medal rounds in curling
Jay Belinski - made it to the medal rounds in curling

Despite blizzards and long travel, all athletes had great sport performances and had a wonderful time. The following is a recap by curler Paul McKinley:

After months of practicing we took the ferry to Vancouver on February 14, stayed overnight and then on Sunday we flew to Toronto then on to Moncton, New Brunswick and from there by bus over the bridge to Charlottetown arriving in the middle of the night.

Monday we walked around and went to see the curling rink.

Tuesday morning we practiced and that night was the opening ceremonies.

Wednesday, more practicing and that night the snowstorm came.

Thursday some of the games were cancelled but the curling was held but we didn't win our two games. Friday we won both games but lost our game Saturday morning.

Saturday night we left Charlottetown at midnight and went by bus to the Halifax airport, where some of us tried to get some sleep. We didn't leave Halifax until after 11 for Toronto then to Vancouver. We arrived back in Nanaimo at 8:40 p.m. VERY TIRED. (Remember the time difference)

Although we didn't win any medals we sure had a good time meeting the athletes from the other Provinces.

As skip of our team I would like to thank Art and Ron, from all of us, for all their time and effort spent on coaching us over the last months before our trip. **Very good job** and much appreciated.

Paul McKinley,

Stingers Curling Team