



BCSO-Nanaimo Newsletter

March 2006



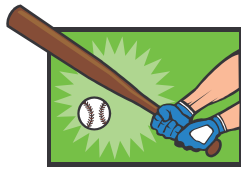
Sport Information

Sport	Place	Day	Time	Start Date	End Date	Contact
5Pin Bowling	Brechin Lanes	Saturdays	2pm-3:30pm	Sept. 24 th	April 29 th	Shirley Cottle 753-9895
Youth 5 Pin Bowling	Brechin Lanes	Saturdays	3:45pm-4:45pm	Sept. 24 th	April 29 th	Jacky Sheng 390-0815
10 Pin Bowling	Evergreen Lanes	Mondays	3:30pm-5:00pm	Sept. 19 th	April 3rd	Bill Crocker 753-4424
Figure Skating	Cliff McNabb Arena	Tuesdays	5:15pm-6:00pm	Sept. 20 th	Mar 12 th	Angela Behn 753-2340
Floor Hockey	Quarterway	Tuesdays	5:30pm-7:00pm	Oct. 4 th	Mar 28 th	Jon Richard 716-3505
Curling	Nanaimo Curling Club	Thursdays	3:30pm-5:00pm	Oct. 6 th	Mar 17 th	Ron Kaneen 758-0173
Rhythmic Gymnastics	Dufferin Crescent	Wednesdays	6:00pm-7:00pm	Sept. 21 st	April 26 th	Sylvia Taylor 758-0630
Athletic Club	Dufferin Crescent	Wednesdays	7:00pm-8:30pm	Sept. 21 st	TBA	Sylvia Taylor 758-0630
Dryland Training	Dufferin Crescent	Mondays	6:30pm-7:30pm	Nov. 7 th	March 6 th	John Campbell 753-7125
Swimming	Beban Pool	Sundays	11am-12pm	Oct 16 th	May 28 th	Dawn Henderson 729-0472
Soccer	Dufferin Crescent	Tuesdays	5:45pm-7pm	April 4 th	TBA	John Campbell 753-7125
Track	NDSS Track	Mondays	5:45pm-6:45pm	April 3rd	TBA	Angela Behn 753-2340
Softball	Dufferin Crescent	Wednesdays	7pm-8:30pm	Gym – ongoing Field – April 5 th	TBA	Bob Jordan
T-Ball	Dufferin Crescent	Wednesdays	7pm-8:30pm	Gym – ongoing Field – April 5 th	TBA	Leah Jordan
Golf	Dufferin Crescent	Wednesdays	6:00pm-7:00pm	April 5 th	TBA	Bob Jordan



We have a new sport!!!

Special Olympics – Nanaimo has a new sport! We will be including GOLF in our sports list now. This program will start Wednesday, April 5th at Dufferin Crescent Elementary School and will run from 6:00pm to 7:00pm. We would love to see as many athletes and coaches out as possible. Let's make this new sport one of the best! For more information please call Sylvia at 758-0630.



Softball and T-Ball

Softball and T-Ball will start playing out on the field on Wednesday, April 5th from 7:00pm to 8:30pm (we have already started practicing in the gym). This is a program that needs lots of volunteers so we would love to see all our athletic club coaches continue to come out. This is a great program for athletes to get outside and enjoy the fresh air. If the weather does cooperate we will run the program in the gym. If you have any questions, ask one of the coaches at athletic club!



10 Pin Bowling

BCSO – Nanaimo recently hosted a 10 pin bowling tournament on March 18th, 2006. Teams came from Powell River and Cowichan to join Nanaimo and the scores were so close! Nanaimo missed out beating Cowichan for first place by only 4 points! Team members for Nanaimo were Ginger Meers, Doug King, Chris Crocker and Rick Meers and they were led by their fabulous coach Bill Crocker. Ginger got the Ladies High Singles title with a score of 104. Doug King got the Mens High Singles with a score of 199. Rick Meers had the high series with 633. Chris played excellently as well, with high scores in all his games. Well done team! We will need a new head coach for 10pin bowling next year. If you know of anyone who would be a good member of our Special Olympics teams, please phone Sylvia at 753-0630.



Figure Skating

On March 12th, figure skaters Jayleen Brash and Crystal Thompson, with their coach Angela Behn, traveled to North Vancouver for the North Shore Skate International figure skating competition. This competition was being used as the regional qualifier for everyone in BC, so it was a chance to see all the other skaters in the province. Jayleen skated extremely well in Level 1 ladies, placing 3rd in her elements and 4th in her freeskate program to finish 4th overall. Crystal showed her great competitive edge in Ladies Level 3 by skating with poise and control to finish 1st in her elements, 1st in her freeskate program for an impressive 1st overall. Well done, ladies!



Track and Field

Track and Field will start on Monday, April 3rd from 5:45 to 6:45 at the track at NDSS. You do not need to be a fast runner; we run a program for all levels. Come on out and join us! If you have any questions, please feel free to call Angela at 753-230 or email her at angelabehn@shaw.ca



Soccer

Come out and join us for soccer! This program will run on Tuesdays at Dufferin Crescent Elementary School from 5:45pm to 7pm. For more info phone John at 753-7125.





Swimming

The aquatics team recently traveled to Victoria for the Victor Davis Memorial cup. Most notable swim was performed by first time competitor in the pool, Jason Kemp. Welcome to the team, Jason!

Meet results are as follows:

Ann Keating: 50 back - 3rd, 25 back - 1st, 25 free - 3rd.

Glen McCord: 50 back - 2nd, 100 Free - 3rd, 50 free - 1st, 50 Breast - 3rd

Lorraine Rozzano: 50 fly - 3rd

Christina Milner: 25 Back - 1st, 50 free - 1st, 25 free - 1st

Kevin Baldwin: 50 free - 2nd, 25 free - 2nd.

Congratulations everyone!

Easter Break Program Closures

The following programs have cancellations due to the Easter break:

No track April 17th

No swimming April 16th

No 5 Pin Bowling or Youth Bowling April 15th or April 22nd

No executive meeting April 17th

Important Websites

For those of you who have computers, here are a few websites to look up...

www.bcsnanaimo.ca BCSO – Nanaimo Website

www.bcsso.bc.ca BC Special Olympics Website

www.cso.on.ca Canadian Special Olympics Website

www.specialolympics.org Special Olympics International Website

If anybody has anything you would like to see on the BCSO-Nanaimo website, such as pictures or articles, please feel free to send them to Angela at angelabehn@shaw.ca and she will pass them onto Norm, our wonderful webmaster. Please also remember you can receive your newsletter by email if you wish. Just email Angela if you prefer email over snail mail. You can find copies of the newsletter on the BCSO-Nanaimo website.