



BC SPECIAL OLYMPICS NANAIMO



MARCH 2009

It has been a great fall and winter sport season but some must come to an end.

The Schools will be closed March 16 to 20, so no sports at the schools that week.

**5 PIN BOWLING ---NO BOWLING MARCH 7TH
AND MARCH 28TH --
BOWLING CONTINUES APRIL 4th**

CUTOFF DATES

CURLING	March 19
5 PIN BOWLING	April 25
10 PIN BOWLING	March 30
ATHLETIC CLUB	March 11
DRYLAND	March 9
FLOOR HOCKEY	March 10
SWIMMING	TBA
FIGURE SKATING	March 10

START UP DATES FOR SPRING PROGRAMS

Softball	April 15	7:00-8:30	Fairview
T- Ball	April 1	7:00-8:30	Fairview
Soccer	April 7	6:30-7:30	Quarterway
Golf	April 2	6:00-8:00	Beban Pitch/Putt
Bocce	May 12	6:00-7:00	Quarterway
Track and Field	April 20	5:45-6:45	

THIS MONTH'S FEATURED VOLUNTEERS

Bev Walker

Bev is fairly new to volunteering with Special Olympics Nanaimo, joining us in 2006. She is one of the volunteers that we can call on when we are in need of help at the 5 pin bowling, thanks Bev.

Sheila Elgie

Sheila has been helping with Nanaimo Special Olympics since 1989. She helps at the 5 pin bowling. Back in the days of, she kept score, but now she helps to keep the athletes on task with their turn at bowling. Sheila and Jack have helped in many ways with fundraising projects, I still remember the great success of the bird baths.

FUNDRAISING

The sport and social activities of the athletes are solely funded by Nanaimo community. You are the connection that makes it possible.

We have a few individuals that put more time and effort into making sure the athletes have the opportunities of these activities.

These people step forward to help with the raffles, selling and buying the tickets, and with our big fundraisers held at the Cranberry Arms Inn. Val Brash helps tremendously collecting prizes for the events. Some collect returnable cans and bottles, like Emily Elgie, others donate receipts from Country Grocer and Canadian Tire so we can benefit. We have volunteers and athletes who hold hot dog sales and donate the proceeds to SO, thank you Crystal Thompson and Dawn and Carla Henderson. Dawn and the IODE also put on the high school swim meet every year and a donation comes from that.

Thank you to all the athletes and volunteers who searched out their friends and acquaintances to sell two different raffle tickets in a short period of time, the signed hockey jersey and the signed hockey stick. We only print out enough tickets to give everyone a good chance to win and to make a thousand dollars. We have not yet made the full amount of money because of lost unsold books or books handed back in too late to sell, but here's hoping we do this year.

THANK YOU!! The Knights of Columbus and CoOp for your donations at the Valentine party.

NANAIMO S.O. SUMMER GAMES ATHLETES

Congratulations once again for putting in your best effort and making it to the Games!!! You have earned it by your dedication and hard training.

I forgot to include in the list, Rick Meers for 10 pin bowling and Debbie Young who will coach softball.



SPREADING HER WINGS AND TAKING FLIGHT

Kristeen Cooper has taken on more than Special Olympic with her swimming. She recently went to Albufeira Portugal for the World Down Syndrome competition. There were 198 athletes from 23 countries entered. Canada finished 4th. Kristeen entered swimming and brought back Silver in the 100m breast stroke, and 3 Bronze medals, 400 free. 200 breast, and 200 IM. **CONGRATULATIONS.**

TIGERS AGAINST CLIPPERS

Information in this article was submitted by Crystal Thompson. February 10th saw some great action at the Quarterway School Gym with the Clippers playing a game against our Special Olympics Floor Hockey team the Tigers. Lots of fast play and the scoring was back and forth between the teams, with the Clippers getting the first two goals then the Tigers started scoring, led by Ray Lappalainen then Brad Hogan. After the first period the score was tied at 3-3. Continuing to dig in, the teams fighting for score control, the end result was the Clippers winning over the Tigers by one point, 10-9.

The games played between the Biological station and the Clippers certainly give our team a good workout and probably the other teams also, for the Tigers keep them moving fast and furious. Thanks to the visitors for this opportunity.

****Please send me any news articles to this address sylvia-miller@shaw.ca
Remember, all the newsletters are published on the web site
www.bcsonanaimo.ca



We had a very lovely Valentines dinner at the Moose Hall on Feb. 21st. The meal was catered to by the Ladies of the Moose and the Knights of Columbus helped serve. I think every athlete that was there probably received a spot dance prize. The music was the greatest, put on by John Campbell. I want to thank the many volunteers who helped with this affair. It is nice to have the support of the volunteers not only in the sports.

The only dark part of the evening was the many—30—who did not show up and did not phone to cancel. We put in the numbers to the caterer on the deadline date. This lost money comes out of the athletes sport sessions or competition finances. This time we had put faith in everyone and did not ask for pre payment—no more, from now on it will all be prepaid.

FUNDamentals- a program for ages 6 years to 12 years.

We had a registration on Feb. 18th and have a few athletes beginning this program. It will teach them motor skills and sport skills. We have 5 volunteers to help. This program of 12 weeks is held at the Fairview Community School, Wednesdays at 4:30-5:50, in the gym. Spread the word.

We had also hoped to start a program for the ages 2 years to 6, but did not have any one register. If you know of anyone for this program, ACTIVE START, we want to go ahead with it. Phone Sylvia 758-0630

^^^Important message for COACHES/VOLUNTEERS

We have many athletes who have chosen to seek higher performance levels and this comes about by entering competitions. BUT they need their coaches to accompany them. In order for coaches to go to competitions they need to have their National Coaching Course. The Special Olympics part of this course is being held in Victoria March 21st and 22nd. PLEASE COMMIT for the athletes' sake. Please phone Sylvia now, 758-0630.

Look into the Children's Fitness Tax Credit

<http://www.cra-arc.gc.ca/fitness> or line 365 on your income tax return. This is for under 18 years registered in fitness programs ie. Special O.