

## NOVEMBER 2010

### SPECIAL OLYMPICS NANAIMO NEWSLETTER



#### SPECIAL OLYMPICS CHRISTMAS PARTY

By now everyone should have received a handout from Mary Ranger giving the details of the Christmas party at the curling club. Be sure to read this and get them back to your coach so you won't forget.

**REMEMBER WE ARE GETTING IT CATERED TO SO YOU MUST GET THEM IN TO US. NO LATE ONES ACCEPTED.**

We still need help to come forward for the Christmas party. We need volunteers to clean up tables, and put dishes into dish washer. Please phone Sylvia 758-0630 or Mary Ranger 754-4149.



#### SNOW?? NO GO

If it is snowing or there is some on the roads, do not go out to the sport practises. If in doubt, phone your coach.

## **WINTER SPORT PROGRAMS**

**The athletes are now preparing for the winter sport Games to be held early next year. It is very important you have regular attendance at your sport to have a good performance at the Games.**

## **ATHLETES AND COACHES ATTENDING WINTER GAMES**

### **ATHLETES**

Floor Hockey	Curling	Figure Skating	Skiing
<b>Abraham</b>	<b>Chris</b>	<b>Crystal</b>	<b>Charla</b>
<b>Andrew</b>	<b>Glen</b>	<b>Erin</b>	<b>Glen</b>
<b>Bill</b>	<b>Jay</b>	<b>Jaylene</b>	<b>Jason</b>
<b>Brad</b>	<b>Kristeen</b>		<b>Dennis</b>
<b>Brandon</b>	<b>Paul</b>		<b>Ron</b>
<b>Dennis</b>			
<b>Jason K</b>			
<b>Jason M</b>			
<b>Kelly</b>			
<b>Kevin</b>			
<b>Nickolas</b>			
<b>Ray</b>			
<b>Ryan</b>			

If you have one of these athletes in your home, please help their coaches keep them in training. These competitions lead to the National Games!!

**COACHES:** Floor hockey-- Dave Forrester and Jon Richard  
Curling—Ron Kaneen and Art Peck  
Figure Skating—Angela Behn  
X Country ski—Jon Richard  
Alpine Ski—John Campbell and Tabitha Smith  
Team Manager for ice sports—Sylvia Taylor

## NANAIMO SPECIAL OLYMPICS CF-CHRISTMAS ORDER

**PREPAYMENT BY CHEQUE TO SOBC-NANAIMO**

**ORDER MUST BE SUBMITTED BY NOV. 28 2010**

ITEM	SIZE	COLOR	COST # TOT
Wicking crewneck T shirt	XS-S-M-L-XL-XXL-XXXL	black, red, white, royal blue, navy	\$25
Ladies wicking Vneck Tshirt	XS, S, M, L XL, XXL	black, red, white, royal blue, navy	\$25
Cotton T shirt	S, M, L, XL, XXL, XXXL	black, red, white, royal blue, navy	\$10
Heavy blend ZIPPER hoody	S, M, L, XL, XXL	black, red, white, royal blue, navy	\$45
Hooded ultra cotton sweatshir	S, M, L, XL, XXL	black, red, white, royal blue, navy	\$40
Vest	XS-S-M-L-XL-XXL-XXXL	black, red, grey mix, navy, light blue	\$30
Cinch bag		black, red, royal blue, lime green	\$6
Youth T-shirt	XS, S, M, L, XL(18-20)	black-red-royal-navy-white-kelly green	\$12
Youth longsleeve T	S, M, L, XL	black-red-royal-navy-white-light blue	\$15
Youth Hoodie	S, M, L, XL	black-red-royal-navy-forest-light blue	\$30
Youth Caps		black-red-royal-navy-khaki	\$10
Adult Caps		black-red-royal-navy-green-white-khaki	\$10

ALL ITEMS WILL HAVE THE SPECIAL OLYMPICS LOGO ON IT

ALL ITEMS ARE TAX INCLUDED IN THE PRICES

THE LONGSLEEVE SHIRTS CAN HAVE **ATHLETE, COACH OR VOLUNTEER**  
ON SLEEVE

### GET ORDERS TO SYLVIA OR ANGELA

Questions/ Phone Sylvia 250 758-0630 OR Angela 250 753-2340

**NAME--**\_\_\_\_\_

