



BC Special Olympics-Nanaimo Newsletter

October 2007

Happy Fall!

We are now into our fall programs and we are getting back to training. This year is a qualifying year for our summer sports. You must compete at a regional qualifier in a summer sport if you wish to try for Provincial Games in 2009. Talk to your coach if you have any questions.

Newsletter Info

Our mail costs are too high! If you would like to receive your newsletter by email, please email Joanne at blunder911@shaw.ca or Angela at angelabehn@shaw.ca . If you would like to continue receiving your newsletter by regular mail please make sure we have your correct mailing address. If you move, please let us know. Thanx!

Cancellations

There will be no Rhythmic Gymnastics or Athletic Club on Halloween, Wednesday, October, 31st. There will be no Dryland Training on Monday, November 12th, due to the Remembrance Day holiday. Cut off dates for Christmas season for Athletic club and Rhythmics is Dec.5 (last day) and we will start up again Jan. 9, 2008. Last Dryland practice will be Dec. 10th and we will return Jan. 7th, 2008. Also remember that if it snows we will most likely be cancelled. Some coaches can't get to practices if the roads are bad and we also would rather be safe than sorry. Phone your coach if you have doubts.

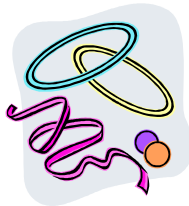
RAFFLE

Special Olympics BC Nanaimo has once again received a hockey stick from the Vancouver Canucks signed by *Markus Naslund*. We use this to help supplement the athletes' sport programs so we want your support in selling and or purchasing these tickets. Phone Sylvia for tickets 758-0630



Athletic Club and Basketball

We have started once again with basketball and it is great to see the athletes remember and learn the skills. The games are at a level that the audience is sitting on the edge of their seats. The skills are practiced then put together for the game, so the MANY new athletes are able to enjoy the experience. We will continue with basketball until we break for the Christmas season, then we will take on other game skills. It is great to see more athletes coming out even with the move of location. The gym is larger than we had and the school has welcomed us in warmly. The athletic sport club is the perfect place to brush up on learned skills, keep up your fitness level, learn a new sport, and have a load of FUN. Come out and join us!!



Rhythmic Gymnastics

We are excited about this season of Rhythmics. We have some new athletes who are learning the skills quickly. These skills are put together to make a routine set to music. The athletes have learned most of the ribbon skills and are ready to practice with the music. Next we will finish the hoop skills and move on to the ball and floor routine. The athletes enjoy this medium of expression and very quickly learn new skills and words. Some of the athletes are looking forward to the competition we will host in the spring. The athletes who are not comfortable with the complete competition can enter doing only skills they have learned or just come out and watch. We are always looking for assistance with the program, so if you have a bit of time, come learn to help the athletes.

Visit our website for up-to-date info - www.bcsonanaimo.ca



CHRISTMAS DINNER

Date: TUESDAY, Dec. 11, 2007

Time: 5:30-9:00 PM

Place: Nanaimo Yacht Club

400 Newcastle Ave. (for drop off only)

PLEASE park on the waterfront in the club parking lot.

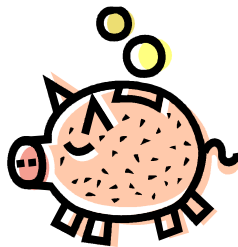
***FRONT DOOR ON LEFT IS ENTRANCE –GO UPSTAIRS

Registered volunteers and athletes ---free

Guests---\$10

EVERYONE ATTENDING MUST PHONE before DEC. 2nd

SYLVIA—758-0630 You can't come if you don't phone!



DEALS—DEALS—DEALS

Special Olympics- BC-Nanaimo has uniform pieces that are no longer being used and are offering them to the athletes at great prices. These items were only worn to attend competitions, so are slightly used. The items will be displayed at the Christmas party, so bring money to purchase a gift.

World Games

Recently Kristeen Cooper and Ray Lappalainen returned from Shanghai, China where they were representing Canada at the 2007 World Summer Special Olympic Games. Kristeen was competing in 400m Freestyle, 200m Breaststroke and the 200m Individual Medley and she came home with personal best times and 3 gold medals. She also swam the breaststroke leg of the 4x100m medley relay to help Canada win a gold medal! Way to go, Kristeen! Ray competed in the 100m and the Running Long Jump where he won silver medals in both events and also helped Canada bring home a silver medal in the 4x100m relay. Well done, Ray!

We are so proud of these athletes. One day, that could be you!

SPORT INFORMATION

Sport	Place	Day	Time	Start Date	Contact
5Pin Bowling	Brechin Lanes	Saturdays	2pm-3:30pm	Sept. 22 rd	Shirley Cottle 753-9895
10 Pin Bowling	Evergreen Lanes	Mondays	3:30pm-5:00pm	Oct 15th	Bill Crocker
Figure Skating	Cliff McNabb Arena	Tuesdays	3:30pm-4:45pm	Sept. 18th	Angela Behn 753-2340
Floor Hockey	Quarterway	Tuesdays	5:30pm-7:00pm	Oct. 2 th	Jon Richard 716-3505
Curling	Nanaimo Curling Club	Thursdays	3:30pm-5:00pm	Oct. 4 th	Ron Kaneen 758-0173
Rhythmic Gymnastics	Bayview School	Wednesdays	6:00pm-7:00pm	Sept. 19 th	Sylvia Taylor 758-0630
Athletic Club	Bayview School	Wednesdays	7:00pm-8:30pm	Sept. 19th	Sylvia Taylor 758-0630
Dryland Training	Quarterway	Mondays	6:30pm-7:30pm	Oct 15 th	John Campbell 753-7125
Swimming	Beban Pool	Sundays	11:00am-12:00pm	Sept 23rd	Dawn Henderson 729-0472
Soccer	TBA	Tuesdays	TBA	TBA	John Campbell 753-7125
Track	NDSS Track	Mondays	TBA	TBA	Angela Behn 753-2340
Softball/T-ball	TBA	Wedneasdays	TBA	TBA	TBA
Basketball	Bayview School	Wednesdays	7:00pm-8:30pm	Sept. 26 th	Sylvia Taylor 758-0630

