



BC SPECIAL OLYMPICS NANAIMO



SPORT SCHEDULE

2010-2011

<u>Sport</u>	<u>Place</u>	<u>Day</u>	<u>Time</u>	<u>Start /stop</u>	<u>Contact</u>
Fitness & Dryland	Quarterway School	Monday	6:30- 7:30	Oct 18, 2010 Mar 7, 2011	John 753-7125
Figure Skating	Cliff McNabb Arena	Tue.		Sept. 21	Angela 753-2340
10 pin Bowl	Splitsville	Monday	3:00- 5:00	Sept. 27 April	Doris 753-4575
5 pin bowl	Brechen Lanes	Saturday	1:45- 4:00	Sep 25, 2010 April	Shirley 753-9895
Floor Hockey	Quarterway School	Tuesday	6:00- 7:30	Oct 12, 2010 Mar 8, 2011	Dave 591-7507
Curling	Nanaimo Curling Club	Thursday	3:00- 5:00	Oct 7, 2010 March	Ron 758-0173
Rhy Gym	Fairview School	Wednesday	6:00- 7:00	Sept. 21 March 9	Sylvia 758-0630
Athletic Club	Fairview	Wednesday	7:00- 8:30	Oct 6, 2010 March 9	Jon 756-7079
Swimming	NAC	Monday	5:00- 6:00	Oct 18, 2010	Dawn 729-0472
FUNDamental	Fairview	Thursday	5:30- 6:15	Oct 5, 2010 March 8	Tabitha

Soccer	Quarterway School	Thursday	6:30- 7:30	Apr 5, 2010 June 14,	Daryck 758-3201
Track & Field	NDSS track	Monday	5:45- 6:45	April June June	Angela 753-2340
Softball	Fairview School	Wednesday	7:00- 8:30	April June	Debbie
T-Ball	Fairview School	Wednesday	6:30- 7:30	April june	Jodi 754-3256
Golf	Beban Pitch & Putt	Thursday	6:00- 8:00	April June	Dave 591-7507
Bocce	Cavalotti Lanes	Thursday Thursday	5:30- 6:30		Joanne 756-4989

Thank you coaches and volunteers who dedicate their time doing lesson plans, arranging trips and attending the sport sessions. Athletes please remember the code of conduct while attending Special Olympics sport sessions and representing our club in the public. To highlight a few:

GOOD SPORTSMANSHIP AT ALL TIMES
 RESPONSIBLE TO COACHES AND VOLUNTEERS
 FOLLOW RULES OF SAFETY
 RESPECT FOR --OTHER ATHLETES --COACHES --OFFICIALS
 --EQUIPMENT AND PROPERTY
 REGULAR PRACTISE ATTENDANCE - LET YOUR COACH KNOW IF
 YOU CAN NOT ATTEND 80% attendance gets you to competitions
 DRESS APPROPRIATELY AT ALL TIMES (show your community you are
 PROUD to represent Special Olympics by your behaviour and appearance)
 HAVE GOOD HYGIENE (nobody likes to be beside a stinky body)
 NO SMOKING WHILE IN UNIFORM OR AT PRACTISES

NO COMMUNICATION

Special Olympics does not cancel the HANDIDART, you must do this if the athlete is not attending because of a holiday or cancellation of sport.

ALLERGY ALERT

We have a lot of athletes and volunteers who are VERY allergic to scents. Please be aware of what you put on before you attend a sport session. The scents include, deodorant, laundry soaps and dryer sheets, and perfumes.

“FREE THE FUZZ” went very well, with the weather great during the day, but poor Norm Smith, our RCMP officer, had to endure terrible rains both nights. A huge thank you to all the RCMP who gave us their time to help Special Olympics get donations from the community.

Thanks also to our volunteers who put in a lot of time, selling tickets, making hotdogs, manning the SO display table and generally being there for us. I started to list the volunteers and athletes who helped and I was afraid to leave out someone's name, and EVERYONE WHO HELPED needs to be recognized.

SUCCESS AT THE SO NATIONAL SUMMER GAMES

Kristeen Cooper earned a gold, silver and three bronze medals in her swimming, Crystal Thompson earned a gold and silver for 10 pin bowling, Jay Brash earned three gold, one silver and one bronze for Rhythmic Gymnastics, Charla Joiner earned a gold and a bronze for Track and Field and Ray Lappalainen earned one gold, and two silver for Track and Field. We can't forget the Coach, Angela Behn who also attended Track and Field.

LOOK WHO'S TRAVELLING TO GREECE!!!

No one can dispute that Nanaimo does have very good coaches for the Special Olympics athletes. Most everyone who practises and strives to go to the higher competitions usually gets far. We have had many athletes realize their dreams of bringing home the medals, just look back at the past National Summer Games where 5 athletes competed successfully and out of these games we have TWO ATHLETES and ONE COACH attending the World Games next year. The hard working athletes who earned a spot on the Canadian team are Ray and Crystal. And luck was with her, besides her great coaching, Angela Behn is also going. CONGRATULATIONS!!

ONCE AGAIN!! We have 9 coaches and close to 30 athletes going off to the Provincial Winter Competitions, this year being held on the lower mainland. The events for the athletes and coaches are Floor Hockey, Figure Skating, Curling, Alpine Skiing and Nordic Skiing.

LOST—Someone who was helping out at the Free the Fuzz weekend accidentally took a GREEN Special Olympics JACKET home. We need it for the athlete who is going to the Winter Games. Could you give me a call and I can arrange to pick it up. Thanks you for your help on that weekend.
Phone Sylvia 250 758-0630

WORKSHOP

Region 6-Vancouver Island, is holding workshop sessions at the Bethlehem Retreat on Nov. 20 and 21. One of the sessions is the NCCP course for Special Olympics. This is a good time to take it because you don't have to travel or stay over a night. Other sessions include Autism. FAS, divisioning selection to Games and honest effort. Phone me, I need numbers now.

Sylvia 250 758-0630

CHRISTMAS BANQUET

We have finally got a date, though it will be late this year: we had to make sure we could have it and then find a place big enough for all of us.

PLACE—Nanaimo Curling Club upstairs (there is an elevator at Right side of building)

DATE—Dec. 22nd

TIME:--5:30 doors open—till 9:00pm.

Dinner at 6:00

GUEST ADMISSION--\$15

After an executive meeting it was decided because of the rising costs we needed to increase the guest fees. It is still a bargain at this price for full course meal, beverage and dessert.

Deadline for reservations Dec. 4th. NOTICES WILL BE HANDED OUT WITH A RETURN SLIP, or you can phone Sylvia 250 758-0630 now.

We need volunteers who will serve the food onto plates, load the dishwasher and we enjoy the variety of desserts we have received from you, so we are asking again.

PLEASE LET MARY KNOW IF YOU ARE BRINGING DESSERT SO WE DO NOT BUY SOME, TO BRING UP THE SERVINGS NUMBERS, IF WE DON'T HAVE TO.
Phone 250 754-4149

FUNDS NEEDED

Special Olympics is having a GARAGE SALE in the late spring. Could you PLEASE start saving your next to new items to donate to us. We are a community supported club and the purse strings are pulled tight. We have to have fund raising events, with your support, to keep the sports going. Let me know if you have items and we will store them till the date of the sale. Sylvia 250 758-0630