



Special Olympics B.C.-Nanaimo Newsletter



September 2011

Time once again to start thinking of the coming season of sports for Special Olympics, you probably already have.

REGISTRATION: BY MAIL ONLY

VOLUNTEERS AND ATHLETES

*** You must be registered BEFORE attending any sport sessions.

PROBLEM---phone Shirley 753-9895

Please READ THE FORM CAREFULLY -fill in all areas or cross them out.

Return the enclosed registration/medical form to Shirley Cottle
464 Renfrew St. Nan. V9R 1S4

FEES

Athletes: \$20 (this includes Fall and Spring programs)

\$25 for late registration-if you do not get your
registration in before Sept. 30th.

Volunteers: no charge

SWIM COACHES

Dawn Henderson is having a short meeting Sept. 19th 5:30
at the Nanaimo Aquatic Center. Please confirm with her
cardawn@shaw.ca by Sept 12th.

SPORT FEES

5 and 10 pin bowling	\$3.00 per session
Swimming	\$10.00 PREPAID per month CHEQUES made out to SOBC Nanaimo
Golf	\$3.00 per session
Skiing	athlete pays for adapted ski registration, this also gives the athletes half price on lifts and free rentals at any time they go on their own. Also on ski trips, half of the transportation is divided amongst the athletes attending, and half the lift fare that is charged to them is to be paid.

COMPETITION \$20 per day

This fee goes towards the transportation, registration and any other costs incurred for trips. It must also be mentioned that if an athlete backs out of a competition that the competition fee has already been paid, this has to be paid to SOBC-Nanaimo. Uniform deposits will not be collected, BUT if a uniform is not returned on time a fee will be collected from the athlete

SPORT START DATES

5 PIN BOWLING	SEPT. 24 th .	1:45-3:00
10 PIN BOWLING	Oct. 3 rd	3:00-5:00
RHYTHMIC GYMNASTICS	SEPT. 28 th	6:00-7:00
FIGURE SKATING	TBA	4:00-4:45
FUNDAMENTALS	OCT 4 th .	5:30-6:15
ATHLETIC CLUB	OCT. 5 th .	7:00-8:30
CURLING	OCT. 6 th .	3:30-5:00
FLOOR HOCKEY	OCT. 11 th .	6:00-7:30
DRYLAND TRAINING (ski/ss)	OCT. 17 th .	6:30-7:30

Regular attendance is required in order to travel to the Mountain.

SWIMMING	Sept. 26 th	
Young and new swimmer		5:30-6:15
Experienced swimmers on deck	5:45 for ½ hr. stretching	

GREAT NEWS FROM PROVINCIAL OFFICE.

The 2014 Special Olympics Canada Summer Games are to be held in Vancouver. For the first time the sports of basketball, bocce, and golf will also be in the competition.

This is the first year of the circuit to qualify for these Games by attending and qualifying in the Regional competitions. This qualification leads to the Provincials, then to the Nationals. Competition is getting pretty stiff in all the sports, so dedicate yourself to a good training program to ensure you have done your best to get to the competitions.

VOLUNTEERS

In order for you to attend competitions with your athletes you are required to have the National Coaching Course. This is a two part course including NCCP Level I taken at VIU, to be offered Oct. 15-16. Register with Catherine Edwards at PacificSport. The second course needed is the Technical Special Olympics that is offered through our organization Nov. 5-6th. Please let me know if you are taking any of the courses so I can explain reimbursement. Sylvia 250 758-0630.

HELP HELP

The 5 pin bowling volunteers are slipping away from us so we need to replace them. Kathleen Schlossinger suggests that if we had many volunteers that would commit to helping TWO times a season, that should help us a lot. Please phone her 250 754-6317.