



BC SPECIAL OLYMPICS NANAIMO



March 2013

5 PIN BOWLING NOTICE

Bowling will be cancelled on MARCH 23rd and 30th. Bowling will continue on April 7th till April 22nd.

SOBC SUMMER GAMES

To date we have the following athletes and coaches attending the Games at Langley on July 11th-13th 2013.

5 PIN Bowling

Leanne Fraser Dean Rownd Ginger Meers Colin Cousins Leanne Hewitt
Aven Vallentgoed Christine Kroeger Doug Rolph Dylaan McEwen
Adrienne Woodcock Steve Grobowski Lorne Haller Lorraine Rozzano
Michelle Walker Orrin Jordan Rosanne Turner Sara Young
Anita Alec with Comox Nicholas Charmley with Saltspring

10 PIN Bowling

Crystal Thompson Noel McLean
Rhy, Gym—Jayleen Brash

Swimming

Andrew Frenchie Kristeen Cooper Melinda Mills Sara Amos
Golf—Jason Mills Yves Moskaluke

Track and Field

Alex Williams Charla Joiner Chris Crocker Kaelin Britten Kevin Baldwin
Michael Phillips Ron Greenhorn Simon Phipps

Soccer

Bill Polz Christina Milner Dale Webster Dennis Lynch Erin Cote
James Chapman Jason Kemp

Softball

Brenda Ackerman and Brandon Charmley play with Port Alberni

****Check out the new and improved web site!!! Add it to your favorites.

<http://www.sobcnanaimo.com/> Find your picture. If it is not there, tell me.

COACHES FOR GAMES

Track and Field—Angela Behn John Campbell
Soccer—Deryck Cowling Geoff Lowe David Forrester
Rhy Gym—Stephanie Martyn
10 pin Bowl—Doris Montgomery Bill Crocker
5 pin Bowl—Jackie Sheng Christianne Phaneuf
Softball—Debbie Young Glen Popenko
Bocce—Sylvia Taylor

****Because we do not have enough coaches for 5 pin bowling, two teams will be with coaches from other locals. We do not have any coaches for swimming for the Games, so will have to have a coach from another local.**

****When we put out the plea to have qualified coaches for our athletes, this shows you why we need them. Please consider getting qualified in the sport you help at.**

IMPORTANT MEETING FOR ATHLETES, CAREGIVERS/PARENTS, COACHES

WHERE; Woodlands School, Boundary and Strathmore, enter Strathmore
WHEN; March 27th 2013.

TIME; 7:00-9:00 pm.

WHY: Important information about training and for athletes joining other locals for the Games. We will touch on coaches roles, athlete and caregivers expectations and commitments, travel, packing and anything else of importance to us and you.

We want you to dedicate yourself to being the very best you can for the SOBC SUMMER GAMES. This can be achieved by sport practise with cross training and personal fitness and good nutrition. Set your goals high

CONGRATULATIONS

We are very proud of the floor hockey team, the Tigers, for getting the award of sport story about them bringing home the Gold medal from the National Games. Keep this enthusiasm and goal for all the sports you choose. We are thankful for having great coaches that can produce great results in every level of competition.

SPRING SPORT SCHEDULE

Ending dates for winter sports and start dates for spring sports

5-pin	Saturday, April 27	
Figure Skating	Tuesday, March 12	
Rhythmic	Wednesday, March 13	
Active Start	Monday, April 29	
Curling	Thursday, March 7	
Fundamentals	Tuesday, March 12	
Dryland	Monday, March 11	
Floorhockey	Tuesday, March 12	
10-pin	Monday, April 15	
Athletic Club	Wednesday, March 13	
Swimming	Monday March 11	
Softball		Wednesday, April 3
T-Ball		6-7 pm Wednesday, April 3
Soccer		Tuesday, April 16,
T&F		Monday, April 8
Bocce		Tuesday, May 21,
Golf		Mon. April 22 6:00-7:30

Any information you want to add to the newsletter,
e-mail sylvia-miller@shaw.ca or phone 250 758-0630

Any great pictures can be sent to Sylvia or Norm-web master, to put on web site.