



BC SPECIAL OLYMPICS



-----NANAIMO-----

ATHLETES, COACHES VOLUNTEERS

A new season is beginning with a few changes. Please read to find out what concerns you.

REGISTRATION Sept. 10th

This season we want to meet and greet everyone that comes out to Special Olympics-Nanaimo. After getting this form in the mail, please fill it out and bring it to;

QUATERWAY ELEMENTARY SCHOOL

TIME; Sept. 10th, 6:30-8:30p.m.

Registration fee for athletes \$20 before Oct. 25th : \$25 for late registration.

All athletes registering here will be in a draw for \$20.

There will be tables set out, go to a table to get the forms checked (or helped filled in), , go meet the head coaches of your sports, then go pay Heiko, next table leave your form and **you will receive a membership card.**

Cash or cheque to SOBC NANAIMO.

ALL SPORT FEES STAY THE SAME AS LAST YEAR.

Your registration fee gives you most sports but the following you pay:

5 and 10 pin bowling	\$3.00 per session
Swimming	\$ 10.00. PREPAID per month
Golf	\$3.00 per session

Ski trips – athlete pays for adapted ski registration which gives half price on lifts and rentals. Half of the transportation is divided amongst the participants attending, and half their price on lift fares is charged to you.

COMPETITIONS \$20 PER DAY

This helps with the transportation, registration and other costs for the trip. If an athlete backs out of a competition that their registration has already been sent in, it must still be paid by the athlete.

UNIFORMS

Uniforms must be returned to coaches as soon as possible after event.

Check and see if you have any uniform pieces hanging around in your house, and please return them to a coach as soon as you can. (Sept. 10th)

REMEMBER ALL PROGRAMS ARE “SCENT FREE” for allergies

Sport	Place	Day	Time	Start / Stop	Contact
5Pin Bowling	Brechin Lanes	Saturdays	2pm-4:00pm	Sep 28- Dec.21 Jan 4-April 26	Shirley Cottle 753-9895
10 Pin Bowling	Evergreen Lanes	Mondays	3:00pm-5:00pm	Oct. 7 –Dec.9 Jan 6-April 21	Doris 753-4575 Bill 758-4430
Figure Skating	Cliff McNabb Arena	Tues.			Angela Behn angelabehn@shaw.ca
Floor Hockey	Quarterway	Tuesdays	6:00pm-7:30pm	Oct. - Dec Jan- Mar.	
Curling	Nanaimo Curling Club	Thursdays	3:30pm-5:00pm	Oct. 3-Dec 19 Jan. 9-Mar..13	Ron Kaneen 758-0173
Rhythmic Gymnastics	Fairview School	Wednesdays	6:00pm-7:00pm	Sept 18-Dec.11 Jan 8-Mar. 12	Sylvia Taylor 758-0630
Athletic Club	Fairview School	Wednesdays	7:00pm-8:30pm	Oct. 10-Dec 11 Jan 8-Mar.12	
Club Fit and Dryland	Quarterway	Mondays	6:30pm-7:30pm	Oct 21-Dec 9 Jan13-Mar.	John Campbell 753-7125
Swimming	Beban	Tues. & Thurs	5:00-7:00	Sept 17-Dec Jan –May 29	Dawn Henderson 729-0472
Fundamentals	Fairview	Tues	5:30-6:30	Sept 17-Dec 10 Jan 7-Mar 11	Ana Suvillaga 591-3646

CLUB FIT is a very popular program to keep up your fitness.

This sport will be needed for the athletes that are going to the National Games.

CONGRATULATIONS

The tinkle of medals could be heard throughout the ferry as Special Olympics athletes came home from the Provincial S.O. Summer Games held in Langley in July. Nanaimo athletes did amazingly well in their sports. The 45 athletes earned 17 Gold, 23 Silver and 26 Bronze. Nanaimo athletes were represented in 8 of the 11 sports offered. Accompanying the athletes were 14 coaches. When you see the athletes at their sports, ask them how they enjoyed the Games!

BC Blind Sport Fitness is looking for volunteers to assist instructor
Thurs. 2-3 pm at 285 Prideaux St. carolyngunn03@shaw.ca