



BC SPECIAL OLYMPICS



-----NANAIMO-----

Dec. 2013

Happy Holidays to athletes and volunteers

All sport programs are running smoothly with a number of new athletes and coaches. It is great that we have a popular sport and fitness club that more people are attending.

We are still looking for more volunteers to help with the swimming. This sport is so popular that we have two sessions to split the group of athletes. The 5 pin bowling is over capacity now, with the athletes on stand-by only able to bowl if someone is absent. More scorekeepers are needed when volunteers cannot make it, please consider giving your name to fill in when needed.

## VOLUNTEER/ASSISTANT COACHES

A coaching course is being set up for Special Olympics volunteers who are helping with the sport programs. This course is needed to attend any Provincial Games the athletes qualify in. We are usually short of coaches to attend the competitions because we always have a large number of athletes attending. Please e-mail [sylvia-miller@shaw.ca](mailto:sylvia-miller@shaw.ca) and let her know that you want to attend. More details will come out later and she can pass them on to you. This course is paid by the Nanaimo Special Olympics if you stay with the club for an additional sport season.

## 20014 SPORT SCHEDULE START DATES

All programs are scent free

5 pin bowling Jan. 4-April 26

Please phone Shirley 753-9895 if you are not attending a session so another athlete can bowl

10 pin bowling	Jan.13-April	Bill 758-4430
FS.	Jan.7	Angela 591-4637
FH.	Jan.13-March	Bob 591-6909
Curling	Jan.9-March 13	Ron 758-0173
Rhy. Gym.	Jan. 8-March 12	Sylvia 758-0630
Athletic club	Jan. 8-March12	Sylvia
Club Fit	Jan. 13-March	John 753-7125
FUNdamentals	Jan. 7-March 11	Ana 591-3646
Swimming	Jan. 9	Dawn 729-0472

REMEMBER IF THERE IS SNOW DON'T GO!!!

If you are not sure, phone the coach.

## HELP

There are a few jobs that need to have volunteers.

We need someone to send out a couple of letters per month to sponsors who donate to Special Olympics to remind them and to update them on athlete activities.

Someone to take over registration of athletes and volunteers. This job could be divided to decrease work load.

We need someone who could be in touch with new volunteers who register with us.

**Please consider helping with one of these jobs because they have landed in Sylvia's lap. Help is always available to smooth the transition.**

Have you checked out the revised web site? Go to

<http://sobcnanaimo.com/> and put it on your favorites.