

# BC SPECIAL OLYMPICS

## Nanaimo

**December 2017**

Stop and Start Dates

	Stop Date		Startup Date	
Athletic Club	Tuesday	Dec 12 <sup>th</sup>	Tuesday	January 9 <sup>th</sup>
Active Start	Monday	Dec 18 <sup>th</sup>	Monday	January 15 <sup>th</sup>
Swimming - Tuesday	Tuesday	Dec 19 <sup>th</sup>	Tuesday	January 2 <sup>nd</sup>
Swimming – Thursday	Thursday	Dec 14 <sup>th</sup>	Thursday	January 4 <sup>th</sup>
Floor Hockey	Tuesday	Dec 4 <sup>th</sup>	Tuesday	January 9 <sup>th</sup>



All other Sports please ask your coaches for their stop and start times

*Welcome Back Dennis from your Worlds recognition ceremony in Ottawa.*

### Swimmers:

Please advise if you will not be at the final practice dates and returning on the startup dates.

The second session payments are due on January 4th. Please be sure to have your fees to Sylvia Taylor prior to the 4th.

**No payments will be accepted on the deck.**



### Attention

If any athletes are interested in trying Cross-Country Skiing, the Strathcona Nordic Ski Club and Vancouver Island Adaptive Snowsports is hosting a one day event called 'Skiing is Believing' on Sunday, December 17th from 12:00 - 3:00 pm. The cost is \$15 and includes a trail pass, equipment and instruction. Please see the attached poster for more information. (scroll down ↴)





Strathcona Nordic Ski Club & Vancouver Island Adaptive Snowsports

# Skiing is Believing!

## Cross-country skiing for people with disabilities

Mountain Washington Nordic Centre, Vancouver Island

Sunday, December 17, 2017 12:00 pm to 3:00 pm



This clinic is for all levels - from complete beginner to advanced skiers who want to improve their technique. Ages 10 years and up are welcome.

Cross-country skiing is a great way to get out and enjoy the outdoors in winter. It can be done either standing or in a sit-ski, and can be enjoyed by people with many different disabilities, including paraplegia, amputations, visual impairments, MS, brain injuries, and more...

**Is this suitable for you?** (These are our minimum mobility requirements:)

- Sit-skiers must have reasonable upper body strength to be able to push yourself along in a sit-ski - there are no lifts! You should be able to transfer with minimum assistance. This clinic is not suitable for people who are reliant on a power chair or someone to push them.
- Standing skiers must have reasonable balance and be able to be on their feet for up to an hour. Non wheelchair users who have poor balance and mobility, but good upper body strength may like to try sit-skiing.

Cost is \$15 and includes trail pass, equipment, and instruction.  
You may also bring one support person.

For more information and to register, contact: Sarah Henckel  
email: [henckel@shaw.ca](mailto:henckel@shaw.ca) or phone: 250-871-6767.  
Registration deadline is December 10th, 2017.