



BC SPECIAL OLYMPICS NANAIMO



April 2010

We have finished our winter sports and are now into our Spring/Summer activities. Ray and Charla who qualified in Track and Field for the National Games are swinging their focus onto this sport now. They have done well with their cross training in the winter so should be well prepared for T&F. Kristeen Cooper, Crystal Thompson and Jayleen Brash kept themselves busy with their training through the winter in their qualifying sport plus other sports to cross train. It looks like we should have a well prepared team representing Nanaimo Special Olympics. Each one of the athletes attended a training camp for their sport over on the mainland. Our one coach Angela, that will be attending the games, accompanied the Track and Field athletes to their camp. These camps gave the athletes a chance to know the rest of the B.C. team in their sport and to meet the coaches that will be accompanying them. Reports are that each camp was very enjoyable!

THIS IS A DATE TO REMEMBER COACHES

Provincial Office has given the Island a date for the coaches to take the Coaching Course. **MARK YOUR CALENDAR for November 20-21st.** **This course is the NCCP technical for Special Olympics.** Quite a few volunteers have wanted this course, and are needed by the volunteers who are helping to coach the athletes. The registration fees for NCCP courses are refunded by SOBC-Nanaimo after 30 hours of coaching time is put in with the athletes with receipt of course. **I need to know if you are taking this course in Nov. so there are enough volunteers attending.** The last course was cancelled because of lack of volunteers participating. You will be reminded again, but mark your calendar so you don't forget.



TRACK AND FIELD

It is great to have so many athletes taking part in this sport! Looks like we need to get more coaches to help with this program, KNOW ANYONE??

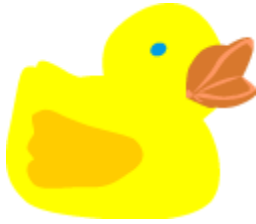


SOCCER

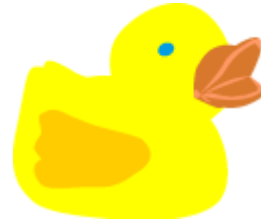
We have some new coaches taking on the sport of soccer for our athletes! Come out and support the team so we have enough to play the game. We have very super athletes that need to keep themselves fit and what better way than to keep active on the field. That means the Floor Hockey athletes should be sliding right over to this sport to keep up their level of fitness.

BOCCE

Bocce is a very good way to continue your skills learned for bowling. It is a better sport because you are out in the sunshine and fresh air. **Start date: May 20th –Time: 5:30-6:30**
Place: Cavalotti Lodge E. Wellington Rd. (across the bridge from the bowling alley.) Come out and enjoy with your friends, everyone can do it.



DUCK RACES ARE ON!



Once again we are having the Duck races hosted by the Cranberry Hotel in Cedar. This is a major fund raiser for the athletes' money for their programs. We need your support now more than at any other time. **We are experiencing a very low income period in Special Olympics-Nanaimo and need this event to be a success so we can offer the same program fees as we have in the past.

***We need to have donations for prizes, costing around \$5-\$20. These will be for individual prizes for first, second and third for nine races and the tenth race the prizes are valuable theme gift baskets.

DATE: JUNE 20TH

TIME: 1:00-4:00 pm.

PLACE: CRANBERRY HOTEL Cedar Road

TICKETS: 3FOR \$10 (only 999 tickets sold)

Each ticket is entered in all ten races, think of the odds!



Have you been watching the Canucks games??

We have got a signed hockey stick by THE major player HENRIK SEDIN.

Tickets are available by contacting:

Sylvia 758-0630

Rick 758-8742

Shirley 753-9895

Draw is June 16th

Price is \$ 2.00 a ticket

START UP DATES AND SPORT INFORMATION

Sport	Place	Day	Time	Start date	Contact
Fitness & Dryland	Quarterway School	Monday	6:30-7:30	Oct	John 753-7125
Figure Skating	Cliff McNabb Arena	Tue.			
10 pin Bowl	Splitsville	Monday	3:00-5:00	Oct. April	Doris 753-4575
5 pin bowl	Brechen Lanes	Saturday	1:45-4:00	Sept April	Shirley 753-9895
Floor Hockey	Quarterway School	Tuesday	6:00-7:30	Oct. March	Amy 740-5241
Curling	Nanaimo Curling Club	Thursday	3:30-5:00	Oct. March	Ron 768-0173
Rhy. Gym	Fairview School	Wednesday	5:30-7:00	Sept. March	Sylvia 758-0630
Athletic Club	Fairview School	Wednesday	7:00-8:30	Sept March	Jon 756-7079
Swimming					
FUNdamental	Fairview School	Tuesday	5:30-6:15	Sept March	Tabitha
Soccer	Quarterway School	Tuesday	6:30-7:30	April 13th June	Daryck 758-3201
Track & Field	NDSS track	Monday	5:45-6:45	April 12th June	Angela 753-2340
Softball	Fairview School	Wednesday	7:00-8:30	April 7th June	Debbie 585-0881
T-Ball	Fairview School	Wednesday	6:30-7:30	April 7th June	Jodi 754-3256
Golf	Beban Pitch & Putt	Thursday	6:00-8:00	April 22nd June	Dave 591-7507
Bocce	Cavalotti Lodge	Thursday	5:30-6:30	May 20th	Joanne 756-4989