



## BC Special Olympics-Nanaimo Newsletter

September 2008



### WELCOME BACK!

The days are getting shorter, summer is almost over and everyone is itching to get back to doing the sports they love. Now is time to start a new season. We want you to spread the word about our great club so we can have more athletes and volunteers. Please give them my number - Sylvia Taylor 758-0630.

### REGISTRATION

Please return the enclosed registration forms to Shirley Cottle. REGISTRATION IS BY MAIL ONLY. Registration forms must be filled out completely or they will be returned. SOBC has sent us new registration forms so you must fill out the registration form AND the medical form.

### FEES

**ATHLETES: \$15** (this includes the Fall/Winter and Spring programs) **if you have your registration forms into Shirley before September 15<sup>nd</sup> !**

**\*\*Late registration fee will be \$20\*\***

**VOLUNTEERS: No Charge**

**ALL VOLUNTEERS AND COACHES MUST BE REGISTERED BEFORE ATTENDING ANY SPORT SESSION.**

**COACHES WILL NOT DO ANY REGISTRATIONS.**

**REGISTRATION IS BY MAIL ONLY.**

### SPORT FEES

5 PIN BOWLING	\$2.00 PER SESSION
10 PIN BOWLING	\$2.00
SWIMMING	\$8.00 PER MONTH prepaid
SKI & SNOWSHOE TO MTN.	Based on the cost of the trip to hill
FIGURE SKATING	TBA

## **COMPETITION FEES**

We ask each athlete going to a competition to give the coaches \$5.00 to confirm you will go and \$5.00 deposit for the uniform. If the uniform is not returned within 2 weeks or is damaged you do not get the money back. **RESPITE: If and athlete is in respite please let the coach know, it could be a medical emergency.**

## **Newsletter Info**

If you would like to receive your newsletter by email, please email Joanne at [blunder911@shaw.ca](mailto:blunder911@shaw.ca) or Angela at [angelabehn@shaw.ca](mailto:angelabehn@shaw.ca) . If you would like to continue receiving your newsletter by regular mail please make sure we have your correct mailing address. If you move, please let us know!

## **CHANGES IN VENUES**

**Athletic club and Rhythmic Gymnastic programs are at Fairview School. One of the bonuses to Fairview School is that it has a stage for spectators. It also is much easier to get to by bus.**

## **Coaches Info**

Coaches who took the NCCP course are now needing ethics portion of your coaching certificate (this is a requirement to go to next summer's SOBC games), there will be a course run on September 27<sup>th</sup>. Coaches are required to take the NCCP Part A theory course put on by the University. This course is to be held Sept 28-29<sup>th</sup>. Please let Sylvia know ASAP.

## **Fitness Program**

**All athletes who qualify to go to the 2009 SOBC Summer games are encouraged to come out to our new fitness program on Monday evenings at Quarterway School, 6:30pm-7:30pm. Part of our program will include the new SOBC Healthy Athletes fitness testing and will help in all aspect of sport. This is also a mandatory program if you wish to participate in skiing or snowshoeing.**

## START UP DATES AND SPORT INFORMATION

<b>Sport</b>	<b>Place</b>	<b>Day</b>	<b>Time</b>	<b>Start Date</b>	<b>Contact</b>
<b>5Pin Bowling</b>	Brechin Lanes	Saturdays	2pm-4:00pm	Sept. 20 <sup>rd</sup>	Shirley Cottle 753-9895
<b>10 Pin Bowling</b>	Evergreen Lanes	Mondays	3:00pm-5:00pm	Oct 13th	Bill Crocker 758-4430
<b>Figure Skating</b>	Cliff McNabb Arena	TBA	TBA	TBA	Angela Behn 753-2340
<b>Floor Hockey</b>	Quarterway	Tuesdays	5:30pm-7:00pm	Oct. 14 <sup>th</sup>	Cheryl Headey
<b>Curling</b>	Nanaimo Curling Club	Thursdays	3:30pm-5:00pm	Oct. 9 <sup>th</sup>	Ron Kaneen 758-0173
<b>Rhythmic Gymnastics</b>	Fairview School	Wednesdays	6:00pm-7:00pm	Sept. 17 <sup>th</sup>	Sylvia Taylor 758-0630
<b>Athletic Club</b>	Fairview School	Wednesdays	7:00pm-8:30pm	Sept.17th	Jon Richard
<b>Fitness and Dryland Training</b>	Quarterway	Mondays	6:30pm-7:30pm	Oct 20 <sup>th</sup>	John Campbell 753-7125
<b>Swimming</b>	Beban Pool	Sundays	11:00am- 12:00pm	TBA	Dawn Henderson 729-0472
<b>Soccer</b>	TBA	Tuesdays	TBA	TBA	John Campbell 753-7125
<b>Track</b>	NDSS Track	Mondays	5:45pm-6:45pm	TBA	Angela Behn 753-2340
<b>Softball/T-ball</b>	TBA	Wednesdays	TBA	TBA	TBA