



Rise With Us

This year's program theme – **Rise With Us** describes how our athletes have, and will continue to triumph over adversity. Our choices are to either fall or rise. All year long, Special Olympics athletes will lift us up as they demonstrate pure sports moments of tenacity, determination, courage and fun. Through our athletes' ability to rise above discrimination and social isolation, they are inspiring people to open their hearts to a wider world of human talents and potential.

2018 SOND Fun Facts

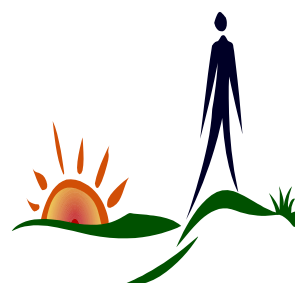
- 79 competitions were held
- 19 of the competitions were unified
- 5,176 people volunteered
- 2,675 of the volunteers were 25 years of age or younger
- 341 coaches statewide



2019 Memorials

Special Olympics North Dakota deeply appreciates receiving donations in memory of friends and loved ones. Memorial gifts have been received in remembrance of:

- | | |
|-----------------|-----------------|
| Candace Batts | Dean Martin |
| Ashely Bada | Roxanne Melberg |
| Richard Hummel | Connor Sander |
| Dawn Rae Ludwig | Lloyd Wittmayer |



Upcoming Events

May

- 1-12 SpartanNash Promotion
- 5 District IV Spring Games-Mandan
- 5 District III Spring Games-Fargo
- 19 District IV Spring Games-Dickinson
- 31 Valley City Golf Tournament

June

- 2-6 Restaurant Promotion-Fargo
- 4-6 Law Enforcement Torch Run- Statewide
- 6-8 State Summer Games-Fargo
- 17 Grand Forks Golf Tournament
- 25 Fargo Golf Tournament

July

- 15 Minot Golf Tournament
- 27 Larks Fundraiser-Bismarck

August

- 5 Bismarck Golf Tournament
- 18 District IV Soccer/Bocce Tournament- Bismarck

September

- 14-15 State Soccer/Bocce Tournament-Grand Forks

Dancing for Special Stars

By day, they are bankers, business owners and realtors, but for one night, local community members performed hip hop, swing and disco dances to raise money for Special Olympics. The 10th annual Dancing for Special Stars event was held at the Empire Arts Center in Grand Forks on April 9. The event was another great success for Special Olympics North Dakota. The event, which started in 2010, teams up local community members (celebrities) and dance instructors who perform a dance routine for audience and judge votes. Ten couples wowed a full house with their performances.

Dance celebrities and their dance partners participating in this year's event were:

Blake Christianson-Alexandra Wald	Bill Macki- Brooke Meyer
Stephen Dusold-Sami Larson	Tom McDonald- Laura Caldwell
Jared Gowan-Leigha Wallin	Lizz Sandberg-Jack Jenö
Paul Hensrud-Alicia Bullinger	Mark Yahna-Tiffany Sonterre
Kathryn Korsmo-Andy Sullivan	Joe and Paige Deck

The winners of this year's event were Kathryn Korsmo and Andy Sullivan.



Major sponsors of the event were:

4G FARMS · CONSTRUCTION ENGINEERS INC. · GOWAN CONSTRUCTION INC. · KORSMO FAMILY DENTISTRY PC · RED RIVER ENDODONTICS · STEFFES

Altru Advanced Orthopedics · Badger Dental Group · Bank Forward · BeMobile Inc. · Beverage Wholesalers Inc. · Bremer Bank · Choice Bank · CHS Ag Services · Cook and Swenson Endodontics · Dahlstrom Motors · Edward Jones Investments · Field Brothers Farms · Forest River Bean Company · High Point Networks LLC · ICON Architectural Group LLC · Klein Agency Inc. · McFarlane Inc. · Quotable Kids Speech & Language Clinic · RJ Zavoral & Sons Inc. · True North Equipment · Valley Oral and Facial Surgery PC

Alerus Financial · Ameriprise Financial-TruStone Wealth Management · Camrud Maddock Olson & Larson Ltd · ChiroRx Chiropractic & Wellness · Cornerstone Bank · Crary Real Estate · Dakota Commercial · Dale Carnegie · Danel Orthodontics · Dustin Rosburg Agency-State Farm · FEI, Inc. · Gate City Bank · Happy Harry's Bottle Shops · Henry Schein Dental · Heyer Engineering Inc. · Hope Therapy Speech and Language Clinic · ImmunoPrecise Antibodies Ltd · Knights of Columbus Holy Family Council 7126 · McDonald Dentistry · Norby's Work Perks · Olson Juntunen Sandberg & Boettner · Opp Construction · Plains Chiropractic & Acupuncture PC · PS Industries Inc. · River City Jewelers · Royal Tire · Seedex Inc. · Storage Max · TMI Systems Corporation · Vistage

Jan Moser, Mandan Represents Special Olympics USA at World Summer Games in Abu Dhabi

Jan Moser, Mandan, represented the United States at the Special Olympics World Games Abu Dhabi 2019 and earned three medals in the sport of bowling. Jan earned silver medals in both team and singles play, and a gold medal in doubles.

Special Olympics USA was comprised of 218 athletes, 63 coaches and approximately 34 delegation members who supported team operations. Team members competed in 17 of the 24 sports offered.

Special Olympics World Games Abu Dhabi is the largest sports and humanitarian event in the world in 2019. From March 14 to 21, 7,500 athletes and 3,000 coaches representing more than 176 nations participated in 24 officially sanctioned Olympic-style sports in venues throughout Abu Dhabi. The first ever Special Olympics World Games to be held in the Middle East and North Africa was also the most unified Games in the 50-year history of the Special Olympics movement with inclusion of people of determination with intellectual disabilities in every aspect of the event.

North Dakota was also represented at the Games with head bowling coach for Special Olympics USA, Cindy Schopper of Valley City; Dr. Julie Blehm, Fargo, medical team member and Jon Darling, Fargo, athletic trainer for Special Olympics USA. SOND President and CEO, Kathleen Meagher was the Host Town and Family Reception coordinator.

Erik Clemenson, a Tech Sergeant for the North Dakota Air National Guard, was chosen to represent North Dakota by running in the Final Leg Torch Run for the World Games in Abu Dhabi in March. Erik has been volunteering with LETR activities for 15 years, including serving on the Polar Plunge organizing committee in Fargo and overseeing the Fargo North Applebee's during Tip-A-Cop every September.

"It was a honor of a lifetime," said Erik, "to represent SOND at the World Games in Abu Dhabi. Getting the opportunity to meet so many LETR members from around the world was an opportunity of a lifetime. The experience has left me humbled and energized in my continued support of the SOND."



Save the Dates!!

State Summer Games Returning to Fargo!

The 2019 State Summer Games will be on June 6th-8th. Thursday will be the UCC Unified Flag Football competitions, Opening Ceremonies, and Victory Parade in downtown Fargo and the Civic Center. Competition for Bocce, Powerlifting, Swimming, and Volleyball will be held on Friday at Davies High School. The track competition will be on Saturday at South High School.

Law Enforcement Will Run Across North Dakota in June!

Seven Torch Runs will occur across North Dakota from June 4-6 with the Final Leg leading the Parade of Athletes into the Opening Ceremony of the 2019 State Summer Games in Fargo on June 6! Runs are being planned in Bismarck, Fargo, Grand Forks, Jamestown, Minot, Pembina and Valley City. T-shirts are being sold for \$15. Runners must purchase and wear a t-shirt, and shirts are also available for the public to purchase. To find out who to contact in your area to be a part of the local run, or to purchase a t-shirt, please call 701-746-0331 or email info@specialolympicsnd.org!



SpartanNash Promotion is Helping SOND athletes!

In May, SpartanNash (Family Fair and Dan's Supermarkets) will be conducting its annual promotion in their stores, throughout the Midwest, helping to raise funds to support Special Olympics North Dakota. Please lend your support by visiting your favorite Family Fare and Dan's Supermarkets in Bismarck, Mandan, Dickinson and Fargo (May 1-12).



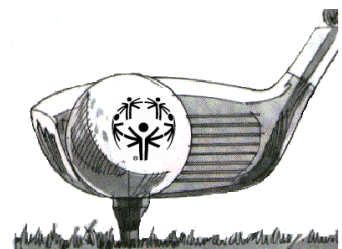
Swing by and Support Special Olympics in One of Your Favorite Golf Classics!

Save the dates and register for golf tournament season! Three Golf Classics will be happening across the state this summer. The Golf Classics are a scramble format and teams of 4 will tee off and choose the best shot of the team and play from there. Enjoy a great afternoon on beautiful greens and maybe even impress others with a hole-in-one! Opportunities include:

June 17 - Grand Forks Golf Classic at the Grand Forks Country Club

June 25 - Fargo Golf Classic at Oxbow Country Club

July 15 - Minot Golf Classic at the Minot Country Club



Special Olympics North Dakota Coach Recognized by Special Olympics North America!



SOND coach is recognized throughout North America! Cindy Schopper, Valley City, was voted to be the 2018 Special Olympics Coach of the Year to be recognized for all her hard work and dedication to the Special Olympic athletes in North Dakota and the US. Cindy has been a Special Olympics coach for over 33 years now and has attended multiple National and World Games: Team USA Track coach for the World Games in 1995, 1999, 2001 and 2005; Sport Manager for Team USA in 2015; Special Olympics Team USA snowshoe coach in 2001, 2005, 2009, 2013, and 2017 World Winter Games; SOND Athletics Head Coach at 2006, and 2010, and 2018 National Games, with her most recent being the 2019 World Games where she served as the Bowling coach. A huge congratulations to Cindy!

Spread The Word: Inclusion

The annual Spread The Word: Inclusion event was held on March 6th. Spread The Word: Inclusion has been known as “Spread The Word To End The Word” in past years. The name has changed, but the effort is still the same: help bring awareness to the hurtful nature of using the “R-word” (retard or retarded), and bring a world of inclusion to those with intellectual and developmental disabilities in all aspects of life.

Statewide in North Dakota, seven elementary and high schools participated ranging from information and pledge booths, to small class presentations and large group assemblies. Special Olympics College Clubs in Valley City State and Minot State both received local television coverage about their awareness events. From those schools and colleges that reported, there were over 1,450 pledges taken and an outreach of over 6,300 students!

The athletics department at the University of North Dakota also made a video of student athletes taking the pledge that was shared on social media and played at a weekend hockey series to spread awareness for Spread The Word: Inclusion. Thank you to everyone who participated and took the pledge!



**SPREAD
THE WORD
INCLUSION**



More Than 180 plungers Braved the Frigid Waters this Winter!

Five plunges, 182 very cold supporters, and many great photos wrapped up the winter Polar Plunge season! Plunges were held in Fargo at Delta Hotels; Grand Forks at Choice Health & Fitness; Bismarck at Elks Lodge; Minot at Sleep Inn; and Dickinson at Prairie Hills Mall! Awards given include Most Dollars Raised by an Individual, Most Money Raised by a Team, Best Costume, Whitest Legs, Youngest Plunger, and of course, the Golden Plunger, which is awarded to the Law Enforcement Team that raised the most money.

The Polar Plunge is organized by North Dakota law enforcement volunteers, as part of the year-round Law Enforcement Torch Run program (LETR), which dedicates time to raising awareness and funds for Special Olympics. A special thank you goes out to the leadership and volunteers of our organizing committees, event sponsors, donors, and most importantly all the brave souls that celebrated the winter months of 2019 by "Freezin for a Reason!"

FUN FACTS:

U.S. Rep. Kelly Armstrong took the plunge in Dickinson!

UND Police Chief Eric Plummer told his department that if they raised \$2,500, he would plunge, and they did...and he did!

The SWAT Team, representing Fargo, West Fargo, and Moorhead, had 13 members plunge and raised over \$3,400!

Competition in Minot is fierce when it comes to the bejeweled Golden Plunger. The Minot Police Department and the Ward County Sheriff's Office battled, but the Sheriff's Office won in the end!

The Mandan Explorers (a law enforcement group for youth) helped with the Polar Plunge planning committee in Bismarck, had volunteers and plungers!

Polar Plunges sponsored in part by:

Premier Polar Plunge Partner: AE2S

Igloo Sponsors: Dvorak Motors, Interstate Towing & Recovery, Retrax and Qdoba



POLAR PLUNGE



SPECIAL OLYMPICS NORTH DAKOTA



A Great Tasting Fundraiser for SOND!

A Special Night Out happened across the state in February with restaurants donating a percentage of their proceeds to Special Olympics North Dakota. Partners for this important effort include: The Brickhouse Grill in Dickinson, The Pirogue Grille in Bismarck, The Blue Moose Bar and Grill in East Grand Forks, and Sky's Cloud 9 in Grand Forks. Not only is their valuable support important, but provides public awareness on the Special Olympics movement.



Record Number of Teams Showcase Talents at State Basketball Tournament

For the 37th consecutive year Minot, ND has hosted the State Basketball Tournament. This year 49 teams (the highest number in 10+ years) from 12 different cities across North Dakota came together to compete in this weekend event. This year Special Olympics North Dakota welcomed back two teams from Devils Lake and increased youth teams to 14 which allowed us to expand to three youth divisions. These teams showcased their skills throughout Minot to over 250 volunteers. A special thanks to the University of Minot, the Minot Air Force Base, Marketplace, Coca-Cola, and First International Bank for supporting the 2019 Basketball Tournament.



More Than 280 Donors said "Count Me" During Giving Hearts Day!

Giving Heart's Day theme was "Count Me," and more 280 did just that when they gave to the 24 hour online day of giving. Gifts more than \$10 were matched up to \$4,500 thanks to generous matching gifts. We are grateful for the generous contributions of all the donors and area businesses and for the support of the Dakota Medical Foundation/Impact Foundation.



Finish Line Helps to Raise Awareness for Special Olympics!

In December, Finish Line Stores across the nation ran their annual campaign to raise funds and awareness for Special Olympics. In North Dakota, two stores in Fargo and Grand Forks participated in this national campaign. More than 10 SOND athletes visited the two stores during the campaign to help alongside Finish Line employees.



The Revolution is Inclusion – SO College Unified Rivalry Basketball

SO College NDSU and SO College UND renewed its rivalry on the hardwood in January in the 4th Annual ESPN Rivalry Basketball Game. For the first year, the game was conducted immediately following the UND/NDSU women's NCAA Division 1 game. This demonstrates both schools' commitment to providing inclusive environments at the state's two largest schools. While UND won the game, no doubt everyone in attendance went home a champion. Great fellowship, great competition and first class facilities left all involved inspired and appreciative in the youth involvement in Special Olympics North Dakota and SO Colleges at UND & NDSU. Many thanks goes out to NDSU for use of the SHAC, the game day officials and clock operators and all the other parties that made this event a success.



Athletes Brave the Cold at Winter Games!

The Winter Games kicked off the 2019 Special Olympics' sport season in Bottineau, ND on January 25th and 26th. In all, 72 athletes and coaches from 10 cities across North Dakota braved the bitter cold to compete in 3 different sports across the two days of competition. This year we had a record number of Alpine Skiers (13) come out and compete in the Slalom and Giant Slalom. This was a special event thanks in part to Annie's House at Bottineau Winter Park and all the student athletes at Dakota College Bottineau who came out to volunteer. Dakota College Bottineau sent over 100 student athletes to assist at the Winter Games which made up 80% of the total volunteer base. All the students were very engaged with the athletes and are a great example of the inclusion movement in Special Olympics.

**Created by the Joseph P. Kennedy, Jr. Foundation
Authorized and Accredited by Special Olympics Inc.
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