



Choose to include

The Inclusion Revolution is alive! Last summer at the USA games, Timothy Shriver shared a new message with us. He asked us to show the world what togetherness looks like. He said we need this never more than today, never more than here and never more than us! He advised us to take a new pledge. The pledge is: "I pledge to look for the lonely; the isolated; the left out; the challenged and the bullied. We pledge to overcome the fear of difference and replace it with the power of inclusion. I choose to include." He said: "choose to include and you will change a life".

This new take on the Spread the Word to End the Word campaign encourages us to join the Inclusion Revolution. During the games that just began in Abu Dhabi, Mr. Shriver said in his remarks that "Everybody's gifts count, everybody has talents, everybody belongs, everybody contributes and everybody is on the playing field of life."

Join the Inclusion Revolution! Join us as we showcase our talents as athletes, coaches and partners. Join us in showing everyone why and how we belong!

We believe in the Inclusion Revolution. Open your hand to another and open your hand to another! Include everyone!

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Have photos to share? Share them on our Facebook page! We love to see your smiling faces while in Special Olympics practice or competition!
www.facebook.com/specialolympicsgrandforks

Basketball Wrap Up!!

Grand Forks sent seven teams to the 2019 North Dakota Special Olympics State Basketball Tournament in Minot, ND on March 1st and 2nd.

The tournament marks the end of another very successful basketball season. We had 4 adult teams and 3 youth teams and all represented Grand Forks Special Olympics well at the tournament. Congratulations to all the teams, players, coaches and chaperones for a great tournament and weekend. Our athletes sure love the dances during state competitions!

We would like to thank all the coaches that gave of their time and talent to help train our athletes to become better basketball players and teams. Thank you to the coaches, chaperones and staff that attended the state tournament and helped make the trip even more enjoyable.

All enjoyed the Pizza from Pizza Planet on Friday evening after the dance!! Each team played hard and had fun at the tournament.

Team results are as follows:

- Thunder: 3rd Place Division 1
- Wolfpack: 4th Place Division 2
- Lightning: 7th Place Division 4
- Coyotes: 2nd Place Division 5
- Falcons: 3rd Place Youth Division 1
- Eagles: 3rd Place in Youth Division 2
- Blizzards: 4th Place in Youth Division 2

Congrats to the Cheerleading squad! Grand Forks has the BEST cheerleaders in the State! Way to go, everyone!

Additionally, Jacob Hesse, Kieran Dale, and Toby Ripley earned all-tournament honors. Josh Jerome, Baylee Bjorge, Thomas Lanctot, Robert Johnson, and Isaac Conrad earned Honorable mention all-tournament.

Congratulations to all and we look forward to the seeing you next season!

Special Olympics Grand Forks Hotline

Call this number to find out about practice times, locations, and cancellations:
701-732-0101

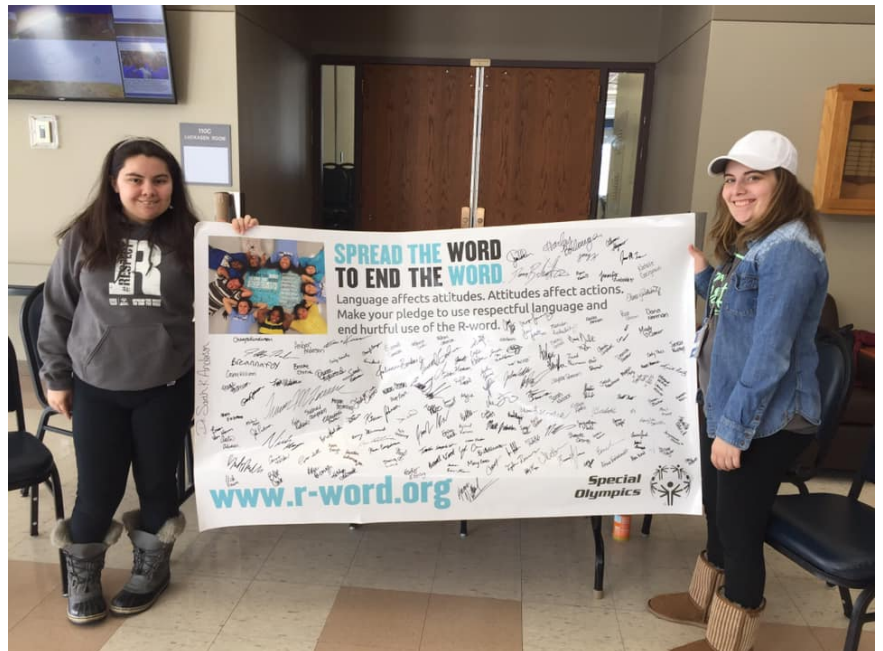
Successful Spread the Word to End the Word Campaign

On March 6th & 7th Mayville State University hosted a Spread the Word to End the Word campaign at its main campus center. The annual Spread the Word to End the Word Day is a national movement to encourage people to pledge to stop their use of the “r” word. This year the message was also about inclusion. Choose to include!

Meghan Foy was instrumental in gaining the approval from the colleges’ Office of Diversity & Inclusion to host this year’s event.

Along with the support of 35 student volunteers and special guests, the campaign was a success! Approximately 185 students stopped by the table and took the pledge. They pledged to change the “r” word to respect. Respect is thinking and acting in a way that shows others that you care about their feelings. Along with respect comes inclusion. While visiting the pledge table, the students had the opportunity to meet and visit with some of our athletes.

Special thanks to Dante & Zoe Agnes, Breanna Foy & Rick Karboviak for taking the time to be there promoting not only the campaign, but also Special Olympics ND & Grand Forks.



2019 Car Wash Dates Set!!

WHAT: Special Olympics North Dakota Grand Forks Car Washes.

WHEN: June 1, June 22, July 20, Aug 17 and Aug 31
All car washes are held from 11am to 3pm.

WHERE: In the Culver's parking lot on 32nd Ave.

WHY: To raise money for the Special Olympics North Dakota Grand Forks athletes and program.

We need your help and/or your dirty cars!

We will need lots of volunteers to help wash the cars so please spread the word and encourage people to come and help!!!!

Come dressed to help wash cars, or bring your car in to get washed by our volunteers for a free will donation.

For more information, email: area5sond@hotmail.com



Summer games practices begin

March 27

WHAT: Swimming, Track and Field and Power Lifting will begin.

WHEN:

Swimming: Practice will be on Monday and Wednesday from 5 to 6 pm.

Track and Field: Practices will be Monday and Wednesday from 6 to 7

Power Lifting: Practices will be on Monday and Wednesday from 7 to 8

WHERE: Notice change of location for track and power lifting!!!

Swimming: at Central High School

Track and Field: at East Grand Forks Senior High School

Power Lifting: at East Grand Forks Senior High School

April 1

WHAT: Volleyball will begin. This is a unified sport – so volunteers and athletes play together on the same team!

WHEN: Practices will be on Monday and Thursday from 6:30 to 8 pm.

WHERE: South Middle School Gym.

Athletes can be in track and field and one other of the sports listed. When practices overlap on Mondays, we will make an alternate day schedule each week for you so you can be in both sports of your choice.

District competitions will be in late April/early May.

June 6, 7, and 8: State Summer Games in Fargo

Special Olympics Athletes are Busy!!!

Our Special Olympics athletes are busy and well-rounded individuals!! They not only participate in Special Olympics but most have jobs that use up much of their time. They also participate in many other local activities such as running in the Frozen Feat race and the Wild Hog, with most running the 5K but some have run the 10K and half marathon as well. Some participate in sports outside of Special Olympics, such as softball in city league, bowling with a league, and cycling at Choice Fitness in the EPIC program. Still others volunteer in the community as well, not only for Special Olympics events but some volunteer in churches, as ushers, gift bearers, and confirmation classes. Others volunteer at the public library, the Cancer Center and other places through-out the community. We are very proud of our busy, giving and healthy Special Olympians. Thanks for all you do for the community!!!!

Volunteers: We couldn't do it without them

We are often asked “do you have need of volunteers?” The answer is YES!

In order to become a volunteer, there are several things to consider.

What sport do you want to assist with?

Volleyball, powerlifting, track & field and swimming are coming up.

What capacity do you want to participate?

You can coach, assist a coach, or in the sport of volleyball you can play the game as a special partner.

We also have volunteers assist in other ways not directly involved with a sport. Folks can assist with our area management team or assist with various fundraising efforts such as pie social or car washes as well as assist with our district tournaments.

Before you volunteer, there is paperwork to complete. All can be done on the computer and the forms printed and brought to a practice. The rewards of being a volunteer with Grand Forks Special Olympics are many. Give Meredith or Tim a call or send an e mail. We look forward to meeting you!

Fund raiser efforts

Throughout the year, we hold several fund raiser events. Each spring we have a pie and ice cream social and each summer we have a car wash once a month. In the fall we have Sponsor an Athlete. Right now, we have t-shirt sales. Our t shirt this year is navy blue featuring the state of North Dakota and the word “RESPECT”. The back invites everyone to “Join us in the Inclusion Revolution”. The cost is \$10 each and we have all adult sizes from small to 5X. Give us a call or send an e mail if you would like to purchase a shirt.



Area Management

Josh Parrill
Training

Kristin O'Connor
Outreach

Patty McGlynn
Athlete Representative

Team Members

Joan Schultheis
Fundraising Chair

Kyle Rasmussen
Youth Activation

David Dahlgren
Athlete Representative

Meredith Baumann
Area Director

Dave Schultheis
Member at Large

Rachel Craig
Youth Council

Tommy Mikkelson
Athlete Representative

Tim Baumann
Assistant Director

Jolene Mikkelson
Fundraising

Sara Sand
Youth Council

Dr. Pat Moore
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