



## SPECIAL OLYMPICS BANQUET

COME AND ENJOY A DELICIOUS MEAL, LOTS OF DOOR PRIZES AND CELEBRATING A GREAT YEAR OF SPORTS WITH FRIENDS!!



WHEN: THURSDAY, DECEMBER 5, 2019

TIME: 5:30 PM TO 8:30 PM

WHERE: HOLY FAMILY CHURCH 1018 S. 17TH AVE., GRAND FORKS

COST: \$5.00 PER PERSON

WE ENCOURAGE ALL ATHLETES, VOLUNTEERS, STAFF, FAMILY, ETC. TO ATTEND!



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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! Use #specialolympicsgf when you post!  
[www.facebook.com/specialolympicsgrandforks](http://www.facebook.com/specialolympicsgrandforks)



**"Who's ready to get their WINTER GAMES and BASKETBALL groove on??"**

**Winter Games**

**2019-2020 winter games**

1. Practices will begin on December 3rd at South Middle School. Practices will be held on **Tuesday and Thursday** evenings from 6:30 to 7:30 pm.
2. The winter games state tournament will be held in Bottineau, ND on January 17th and 18th, 2020.
3. Winter games sports include snow shoeing, downhill skiing, and cross country skiing. If you are interested in competing in these sports, you may show up to the first practice and the coaches will help you with sign-up.

**Basketball**

**2019-2020 basketball**

1. Practices will begin the January 7th.
2. Our adult (22 and older) practices will be held at South Middle School on **Tuesday and Thursday** evenings from 6:30 to 8 pm, starting Monday, January 7th.
3. Cheerleaders will practice at the same time and place as the adult basketball practices.
4. Our youth (21 and under) practices will start on Tuesday, January 7th from 6:30 to 8 pm at a location to be determined.
5. Our district tournament will be on February 1st at EGF Middle School and the state tournament will be in Minot on February 28th and 29th.

Our coaches and athletes have a lot of fun with both winter games and basketball. We hope to see you there!

**Cheer Team**

Winter sports are coming up and there is no group more excited than the Grand Forks Special Olympics Cheerleaders! The goal of the GF Cheer Squad is to provide our basketball teams with the spirit, motivation, and energy to work hard and play well. In cheerleading we do more than just cheer. Our cheerleaders work very hard to master a dance routine as well as all 45 cheers, that they get to perform at both Districts and the State Tournament for the crowds. Cheerleaders practice the same times and dates that our basketball players do, to make sure they have the cheers and dance routine memorized.

This year will be the 8<sup>th</sup> (Genevieve) and 10<sup>th</sup> (Sarah) year for us coaches, and we absolutely love it! We have also had certain cheerleaders who have been with us from the very start of our coaching, such as athlete, Penny Johnson and Mary Jo Esslinger. Penny and Mary Jo bring the volume, spunk, and positive attitude that we look for in every cheerleader! Last season we had 9 cheerleaders, but we have had as many as 12. We are looking forward to the 2019-2020 winter season!

**Special Olympics Grand Forks Hotline**

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

## CHANGES

**ATHLETE PHYSICALS** - All athlete physicals are now due at the time of the first practice. If it is not up to date, the athlete **CANNOT** participate in the practice until the physical is up to date. This has always been in effect with Special Olympics North Dakota and it will no longer be acceptable for us to allow athletes to practice without all the forms and physical completed.

**5 pages in total – all of them make up the required form.**

1. Page 1 – Athlete Registration Form
2. Pages 2 and 3 – Athlete Health History
3. Page 4 – Physician medical form signed by Physician
4. Page 5 – Athlete Consent Form

We will continue to notify you ahead of the due date, often sending them to you with the newsletter or at the end of sports season.

All forms together make up a completed physical and they are good for 3 years. If you turn in a physical form every year, all forms need to be done to keep the physical complete and up to date!!

**NEW VOLUNTEERS** – New volunteers must complete the application form **BEFORE** they can volunteer. A background check is completed by SOND promptly.

The new volunteer must go on line and view/complete:

1. Volunteer Application Form
2. General Orientation Quiz
3. Protective Behaviors Video and Quiz.

#### **4. COACHES**

A. View and complete concussion training.

B. We strongly encourage completing the course on Coaching Unified Sports

All videos, quizzes, and courses are linked on our web site: [www.specialolympicsgf.org](http://www.specialolympicsgf.org) or the state web site: [www.specialolympicsnorthdakota.org](http://www.specialolympicsnorthdakota.org)

## **T-SHIRTS FOR SALE**

Before we can order a new style of t-shirt for 2020, we need to sell our navy blue "State of Respect" shirts. All adult sizes are still available. Please let us know if you wish to purchase one when you come to a practice or send an email not to [area5sond@hotmail.com](mailto:area5sond@hotmail.com) ! They would make a great Christmas gift for family and friends and the cost is only \$10!!!

## "FUN"RAISING

We have a budget each year that needs to be approved by SOND. This year our budget is around \$35,000 for us to have motels, transportation, uniforms, ribbons, meals, local competitions, etc. In order to raise that amount of money each year, we have fundraisers such as Sponsor an Athlete, car washes, pie and ice cream social, soccer concessions, wreath sales, t shirt sales, and hockey parking.

We just completed our annual Sponsor an Athlete fundraising event. This year, we tried also expanding this fundraiser to include donations on Facebook with several athletes adding the request for donations to their account. Because of the success this year, our event surpassed our goal!!!

### **THANK YOU GRAND FORKS ATHLETES AND FAMILIES!!!**

As with many groups, there seems to be a few that help with all of our fundraising! **Please** consider helping out with one or more of our events during the year – volunteers are always welcome!!! We NEED you!!!

#### **Fall 2019-2020 Hockey Parking**

Each UND hockey season, Special Olympics of Grand Forks is able to collect a parking donation from vehicles wanting to park in the Bank Forward lot located near the Ralph Engelstad Arena. If you are interested helping with this fundraiser, email [area5sond@hotmail.com](mailto:area5sond@hotmail.com).

Ideally, two volunteers each night are needed; one to collect the fee, and another to shuttle people to the REA. Time commitment is usually 75 minutes prior to game time and about 15 minutes after the drop of the puck. If you volunteer for this event and want to be the "shuttle" volunteer, please have a valid driver's license and a reliable, clean (inside and out), smoke free vehicle. Please dress accordingly as you are volunteering OUTSIDE!

#### **Hockey weekends are as follows:**

Jan 3 and 4, Jan 10 and 11, Jan 31 and Feb 1, Feb 14 and 15, Feb 28 and 29,  
March 13, 14, and 15 (NCHC playoffs if we have home ice).

## Grand Forks Area 5 Soccer Wrap Up

Goallllll! That was the sound you heard coming from the soccer fields held at South Middle School in Grand Forks. Grand Forks Area teams completed hard and left a mark at the ND Special Olympics State Soccer Tournament. We fielded 9 Unified Soccer teams with 86 participants!!

### **Results and individual awards are noted below by division:**

#### Adult Div I

GF Thunder 1st place, Josh Jerome - All Tournament, Jecky Oulare - Honorable Mention  
GF Wolfpack 2nd place, Anthony Hesse-All Tournament

#### Adult Div II

GF Lightning 4th place, Baylee Bjorge - All Tournament, Jade Duchscherer - Honorable Mention  
GF Coyotes 7th place

#### Adult Div III

GF Blizzard 5th place, Tommy Mikkelson - Honorable Mention

#### Youth Div I

GF Falcons 1st place, Scott Rosenberg and Robert Johnson - both All Tournament  
GF Raven 4th place, Kieran Dale - Honorable Mention

#### Youth Div II

GF Hawks 1st place, Jassen Johnso - All Tournament, Sarah Johnson - Honorable Mention  
GF Eagles 2nd place, Tobey Ripley - All Tournament

We would like to thank all volunteers, volunteer coaches, and Unified Partners for giving their time and talents that helped the growth of our athletes. We look forward to seeing you all next season!

### **Bowling wrap up**

Congratulations to our Greater Grand Forks bowlers, coaches, and volunteers on another wonderful bowling season! Our season began in September and ended with the State Bowling Tournament in Mandan November 9th and 10th. We are so proud of all of our athletes who practiced hard and had great performances during the training season and at the state tournament! No matter how you placed at the state tournament, you were all champions throughout the entire season.

#### **Thanks to Red Ray Lanes and Jean all her crew for making it a great training session.**

We were especially lucky to have awesome volunteers again this year. We would like to thank the UND athletic teams for their time and effort in volunteering for our bowlers. We also had community volunteers help us out and all had a great time. As with all Special Olympic events, we could not give our athletes such a great experience without the work of our wonderful volunteers. Our bowling volunteers made our jobs as coaches so much easier and we truly enjoyed their time with us. Hopefully, they enjoyed themselves so much that they will volunteer again next year, or even in other sports!!

We are very proud of each and every one of our athletes for the great effort and good sportsmanship they showed throughout the season. We had over 90 athletes involved in training this year and about 75 attended the state tournament. Way to go and keep recruiting, so the program can continue to grow. We look forward to seeing you all next year.

## A Coaches View on Unified Sport Teams

What does competition mean to you as a coach, player, parent, and fan? My idea is 2 teams/group of individuals battling against each other in an attempt to win something! Example sports-game, academics-scholarship, work-promotion, politics-public office to name a few.

In competition sometimes teams/players are just better for example: Super Bowls XX Chicago 46-New England 10, XXII Washington 42 Denver, 10 World Series 98 NY Yankees 4 San Diego 0, 99 NY Yankees 4 Atlanta 0

The same can be said about Unified Sports in Special Olympics; our athletes and partners both want to compete to the best of their ability-no one wants to lay down/telling partners not to score or just be helpers on the field/court goes against the definition of competition.

Athletes and Partners are treated as EQUAL TEAMMATES! Nowhere in the Unified Sports rules does it prohibit Partners from scoring or playing specific positions on the field/court as long all members are presented with numerous opportunities throughout the course of a game to contribute to their team's performance = meaningful involvement!

Examples of meaningful involvement: an athlete steals a ball; dribbles up field and makes a perfect thru ball pass to a partner attacking the net should the partner attempt to score? If the score is a one goal game than the partner may elect to tap the ball into the net... a drilled shot in the upper top corner isn't necessary; if the attacking team is winning by a large margin than the partner may elect to tap the ball directly at the keeper giving he/she the chance to make a save or kick the ball wide missing the net. In volleyball if a back row athlete passes to another athlete who in turn sets a partner should the partner hit the ball over the net and attempt to score? Close score the partner should send the ball over the net to an open sport attempting to score...a power kill inside the 10ft line isn't necessary; if the team is winning by a large margin than the partner may elect to send the ball over the net directly at a person giving them a chance to return play. When partners come up in serve rotation to serve should they attempt to score? Partners are expected to serve the ball over the net, obviously high speed or jump serves are not necessary and under hand serves may be elected. The decisions our partners make are influenced by our coaching philosophy and the game situation at that moment.

When teams are put together by the coaching staff they should be grouped by appropriate age and ability when possible. Of course other factors may be considered such personalities between players, ability to develop team chemistry to name a few. We are very fortunate because we have coaches that coach with the spirit of fair and meaningful involvement. Our partners work well with our athletes providing all teammates with numerous opportunities to contribute to the team success = meaningful involvement and inclusion which is the basis for having Unified Sports.

# Special Olympics

Special Olympics North Dakota  
Grand Forks Area  
2616 South 26th Street  
Grand Forks, ND 58201

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U.S. POSTAGE  
PAID  
Grand Forks, ND 58201  
PERMIT No. 42

CURRENT RESIDENT OR

<b>Area Management</b>	Josh Parrill Training	Kristin O'Connor Outreach	Patty McGlynn Athlete Representative
<b>Team Members</b>	Joan Schultheis Fundraising Chair	Kyle Rasmusson Volunteers	David Dahlgren Athlete Representative
Meredith Baumann <i>Area Director</i>	Dave Schultheis Member at Large	Rachel Craig Youth Council	Tommy Mikkelson Athlete Representative
Tim Baumann <i>Assistant Director</i>	Jolene Mikkelson Fundraising	Sarah Sand Volunteers	Cathy Muus Families
	Dr. Pat Moore Medical	Genevive Spicer Volunteers	Laura Bakken Youth Advisory Council